



MINDFUL ALLIANCE CENTER

The Mindful Path to Gratitude and Self Worth: A Developmental Perspective

CAMBODIA AND LAOS 2015 JUNE 5 – 15, 2015 : Workshop – 15 Hours

COST USD\$2,295.00
PLEASE NOTE NUMBERS STRICTLY LIMITED

*"When I let go of what I am
I can become what I might be"*
Lao Tzu

Dr James Bramson and Lyn Benson Counselling Psychologist are excited to invite you to join them on a 10 night Journey of discovery to experience Siem Reap, Cambodia, home of the UNESCO World Heritage Archeological wonder of Angkor Watt and Luang Prabang, the beautiful ancient temple city in Laos.

Living in Gratitude can increase health, happiness, compassion and well-being and provide vitality and inner peace during challenging times. Genuine gratitude can potentially open anyone up to the gift of love and life. It can make life more fulfilling and joyous.

In this workshop we will explore the developmental steps necessary for instilling and growing gratitude in our key relationships. Through the use of experiential exercises, didactic learning, stories, meditations and metaphors, we will demonstrate and practise how to promote self worth, so that we can instill this in our clients, partners and children and in all of our relationships. Drawing on the work of John and Myla Kabat-Zinn, Daniel Siegel and others, we will examine unspoken myths and rules in our Family of Origin, our values as partners and parents and working through the idea that our history is not our destiny. Additionally, we will examine the intra psychic phenomenon that can cause clients (and all of us) to feel like perpetual malcontents ...versus contented and fulfilled human beings.

This workshop will outline a detailed program for obtaining and maintaining gratitude, self worth, a conscious purpose, and lasting contentment. The seminal work of Angeles Arrien, Richard Schwartz (the Internal Family Systems Model), and Paul Hatherley will be explored and applied through a Mindfulness framework.

Learning Objectives

- To identify and work through unconscious Rules and Myths in our Family of Origin
- To discover the health and relationship benefits of Gratitude work
- To understand and apply developmental imperatives that block our ability to "be" in all of our relationships
- To practise and apply Mindfulness meditations that will open up our innate potential for Gratitude and Self Worth
- To uncover our core values so that we can be in conscious relationships
- To explore through stories and multi cultural landscapes the art of Forgiveness
- To examine intra psychic phenomenon that can cause a perpetual state of discontent
- To change our negative narrative into a positive and obtainable vision

For all enquiries, please contact enquiries@mindfulalliancectr.com

To fill out our online application - [Click here](#)

[Click here to make a payment](#) for the workshop.



MINDFUL ALLIANCE CENTER

The Mindful Path to Gratitude and Self Worth: A Developmental Perspective

CAMBODIA AND LAOS 2015 JUNE 5 – 15, 2015 : Workshop – 15 Hours

Your Presenters



Dr James Bramson, Licensed Clinical Psychologist and Organizational Consultant has lived, studied, worked, and facilitated workshops both in the USA and abroad and has over twenty four years of psychotherapy, training, consulting, and teaching experience. He is committed to helping individuals and organizations optimize mind, body, and spiritual integration. Dr Bramson is in full time practice in San Francisco, USA and is the Director of the Mindful Alliance Center www.drbramson.com www.mindfulalliancecenter.com



Lyn Benson Counselling Psychologist, Family Therapist and Parent Educator for over twenty years. Lyn has extensive experience coordinating seminars and designing and facilitating skills training workshops both for Australian and International workshop participants. Lyn has written and published articles on Buddhist Psychology, Mindfulness, Relationships and Parenting and is committed to working with individuals and families to enrich their lives through the blend of Psychotherapy and holistic practices. www.lynbenson.com.au; www.groupsforparents.com.au

COST OF PROGRAM:

NB prices are in US dollars

Workshop fees for participants	USD \$2,295.00
Single supplement	USD \$ 500.00
Non participating partner cost (If accompanying a full paying participant)	USD \$1,795.00
Loyalty discount (past participants)	USD \$ 125.00
IF FULLY PAID BY MARCH 1, 2015	
Early bird discount	USD \$ 100.00
IF FULLY PAID BY MARCH 1, 2015	
(NOTE: Only One discount available per participant)	
Deposit: US\$750 (non-refundable)	
Full Balance due: March 27th, 2015	

CANCELLATION POLICY:

PLEASE NOTE DEPOSIT NON REFUNDABLE
NO REFUNDS POSSIBLE AFTER APRIL 1st, 2015

PLEASE TAKE OUT YOUR OWN TRAVEL INSURANCE AS WE
CANNOT TAKE RESPONSIBILITY FOR PARTIAL OR FULL
CANCELLATION

COSTS INCLUDE

- Hotel accommodations as outlined in itinerary (based on double occupancy)
- Land arrangements as outlined in the itinerary
- Touring with professional English speaking guide
- Meals indicated with (B) breakfast, (L) lunch, (D) dinner
- Airport transfers as indicated in itinerary
- Airfares from Siem Reap Cambodia to Luang Prabang, Laos

COSTS DO NOT INCLUDE

- International Airfares
- Customary tips to your local guide and driver and staff
- Any personal expenses
- Drinks (including during meals)
- Travel Insurance
- Visas
- Meals not indicated on Itinerary

For all enquiries, please contact enquiries@mindfulalliancectr.com

To fill out our online application - [Click here](#)

[Click here to make a payment](#) for the workshop.



MINDFUL ALLIANCE CENTER

The Mindful Path to Gratitude and Self Worth: A Developmental Perspective

CAMBODIA AND LAOS 2015 JUNE 5 – 15, 2015 : Workshop – 15 Hours

ITINERARY for CAMBODIA / LAOS TRIP

Meals included are denoted by (B) Breakfast; (L) Lunch; (D) Dinner

Day 1 June 5, 2015 (D) ARRIVAL at SIEM REAP, CAMBODIA

After arriving at Siem Reap Airport, we will be transferred (included) to our hotel, Prince D'Angkor Hotel. Welcome drink on arrival. Welcome Dinner (included) and briefing at the Blue Diamond Restaurant within the Hotel, where will be staying for the Cambodian part of the trip.

Day 2 June 6, 2015 (B) (L) WORKSHOP DAY

Today is a full day workshop. The evening is free to explore the fabulous Pub Street and environs for Dinner (not included: cost around USD\$3-\$5). Free to check out the exciting Night Market. Overnight at hotel

Day 3 June 7, 2015 (B) ANGKOR WAT

Today we are very excited to take you to the UNESCO World Heritage Temple Site of Angkor Wat. We will be picked up from our hotel and escorted by an English speaking guide to explore the majesty of the complex.

- Angkor Wat (Khmer: វត្តអង្គរ) was first a Hindu, then subsequently a Buddhist, temple complex in Cambodia and the largest religious monument in the world.
- The temple was built by the Khmer King Suryavarman II in the early 12th century in Yaśodharapura (Khmer: យសោធរបុរៈ, present-day Angkor), the capital of the Khmer Empire, as his state temple and eventual mausoleum.
- Breaking from the Shaiva tradition of previous kings, Angkor Wat was instead dedicated to Vishnu. As the best-preserved temple at the site, it is the only one to have remained a significant religious center since its foundation. The temple is at the top of the high classical style of Khmer architecture.
- It has become a symbol of Cambodia,[1] appearing on its national flag, and it is the country's prime attraction for visitors.

PLEASE NOTE ENTRANCE FEE IS USD\$20 approx (not included) Overnight at hotel

Day 4 June 8, 2015 (B, L) MORNING WORKSHOP Afternoon WOMEN'S RESOURCE CENTRE

After morning workshop and lunch (included) at our hotel we will be visiting The Women's Resource Center (WRC). The WRC assist all women by providing information, direct service and by a well developed and researched referral system that helps them get the support and care they need at other partner agencies. Remainder of day and evening free. Overnight at our hotel

Day 5 June 9, 2015 (B) ANLUNG PI FREE SCHOOL VISIT

This very special school is outside Siem Reap. The Anlung Pi Free school was set up to:

Enhance and develop general educational levels of orphans and underprivileged children with a focus on

- Improving students' language skills
- Addressing environmental and health issues affecting children and young people (HIV/AIDS awareness, general hygiene, drug abuse, child trafficking, pollution etc)
- Giving children life skills and philosophy to help them deal with normal daily life (moral, spiritual and Buddhist education)
- Supporting and sponsoring children interested in higher education
- WISH LIST suggestions at their website www.vdca-cambodia.org

For all enquiries, please contact enquiries@mindfulalliancectr.com

To fill out our online application - [Click here](#)

[Click here to make a payment](#) for the workshop.



The Mindful Path to Gratitude and Self Worth: A Developmental Perspective

CAMBODIA AND LAOS 2015 JUNE 5 – 15, 2015 : Workshop – 15 Hours

ITINERARY for CAMBODIA / LAOS TRIP (continued)

If local conditions permit, we may have the opportunity to view the dumps where the children come from and the projects the school is involved in!

Remainder of the day free to relax by the pool or take in the sights of Siem Reap. Overnight at our hotel

Day 6 June 10, 2015 (B) MORNING WORKSHOP, AFTERNOON FREE, EVENING CIRCUS

After morning Workshop, relax by the pool or visit the local markets. Following dinner (not included) we will be visiting the Phare Cambodian circus. This is a very special evening and we need to be at the circus venue half an hour before starting time to ensure a good seat.

"Phare Performing Social Enterprise has three complimentary social missions:

- Provide gainful employment to Cambodian youth from difficult social and economic backgrounds,
- Financially sustain our parent organization Phare Ponleu Selpak NGO school, and
- Support the rebirth of Cambodian modern art."

<http://www.pharecambodianscircus.org/circus/about-us/our-social-mission/>

This is a breathtaking and heart-warming experience. Entry fee included. Overnight at our hotel

Day 7 June 11, 2015 (B) PHNOM KULEN MOUNTAIN TOUR (Full day tour)

We will be visiting the fabulous Phnom Kulen mountain and home of 1,000 Lingas.

- Phnom Kulen is the holiest mountain in Cambodia and it was here in 802 AD that King Jayavarman declared himself the God-King and broke away from the Java kingdom.
- This is the birthplace of the Angkor kingdom and modern Cambodia. Located 30km beyond Angkor Wat, it is an exquisite mountain region of magical, thundering waterfalls, raunchy riverbed carvings and Cambodia's largest reclining Buddha carving on its summit. (Bring your bathers!)
- The red sandstone from which Angkor was constructed was quarried here. There are numerous lingas (phalluses) in the waterbed known as Holy Riverbed Carvings.
- In the Hindu tradition, water flowing over the lingas is sacred and holy, and many Cambodians bottle the water from the downriver waterfalls. In ancient times, these waters, potent with fertility, filled the barays and irrigated the rice fields.

NOTE: Entrance fee USD\$25 (approx) and lunch not included. Evening free. Overnight at our hotel

Day 8 June 12, 2015 (B) (D) TRAVEL DAY TO LUANG PRABANG, LAOS

Today transfer (included) to Siem Reap Airport. We continue our journey to Luang Prabang, Laos via air (fare included). There we will meet our English speaking local guide. This ancient Royal capital has been listed by UNESCO as a World Heritage Site. Transfer to our hotel and check in before group dinner and overnight. (Sanctuary Hotel or similar)

For all enquiries, please contact enquiries@mindfulalliancectr.com

To fill out our online application - [Click here](#)

[Click here to make a payment](#) for the workshop.



The Mindful Path to Gratitude and Self Worth: A Developmental Perspective

CAMBODIA AND LAOS 2015 JUNE 5 – 15, 2015 : Workshop – 15 Hours

ITINERARY for CAMBODIA / LAOS TRIP (continued)

DAY 9 June 13, 2015 (B) EXPLORING LUANG PRABANG, LAOS

This ancient town was previously a religious Capital City. It houses more than thirty Temples, some of these are considered to be among the most beautiful Temples in Laos. For example:

- Mount Phou Si, sacred hill in the City Center which is accessed by 325 steps that wind through smaller Pagodas.
- Wat Xieng Thong, the Temple of the Royal City, a vast array of sacred buildings, one of the jewels and prime examples of magnificent Lao art
- Wat May, built in the late eighteenth century
- Wat Visoun : this is the oldest temple in the city, inspired by the Khmer temple Vat Phou (south Laos). It houses a watermelon-shaped stupa.
- Wat Aham: located right next to Wat Visoun, is flanked by two large Banyan trees.

Lunch (own arrangements) and then In the late afternoon, discover the colorful Hmong Night Market - it sets up its booths every day along Luang Prabang's main street. This scenic local market gets going from 5pm until 10pm and where you can sample local food. Overnight at our hotel.

Day 10 June 14, 2015 (B) CRUISE ON THE MEKONG RIVER

A suggestion for early risers: at Sunrise (around 06:30am), go to a crossroad in the City center to watch the silent procession of monks in colorful saffron robes. They come daily from various temples around Luang Prabang in silent long processions to find food and receive offerings from the faithful...

There is an early morning transfer to the pier and board a traditional boat for a cruise on the mighty Mekong River, a mythical river that originates in the foothills of the Chinese Himalayas, and separates Laos from Burma and Thailand. The banks of the Mekong river are lined with several colorful villages. We will stop enroute to visit the sacred Pak Ou Caves, two cavities dug into a cliff overlooking the Mekong, where faithful Buddhist devotees over the Centuries left hundreds of Buddha statues. The caves offer a magnificent elevated view over the Mekong. Lunch can be purchased onboard the cruise boat (not included) and remainder of the day free. Evening free and overnight at our hotel

Day 11 June 15, 2015 (B, L) FEATURES OF LUANG PRABANG

After checking out of our hotel, we will tour Luang Prabang's local market, then visit the Royal Palace, now converted into Laos National Museum. We continue with an excursion in the tour bus to the picturesque waterfall, Luang Si. The road is lined with peaceful tribal villages and rice fields in every direction. The falls begin in shallow pools atop a steep hillside. These lead to the main fall with a 60 mtr cascade. Most of the pools are open to swimming. Lunch will be in the countryside by the falls (included). You can then either be transferred to Luang Prabang Airport (included) or make your own arrangements from there.

PLEASE NOTE: *These details are correct at time of publishing, but may change due to local conditions beyond our control.*

For all enquiries, please contact enquiries@mindfulalliancectr.com

To fill out our online application - [Click here](#)

[Click here to make a payment](#) for the workshop.