

# Omega Retreat

August 30th-Sept.4<sup>th</sup> 2009

How to Make Your Mind Your Friend:

The Fine Art of Creating a Life Worth Living

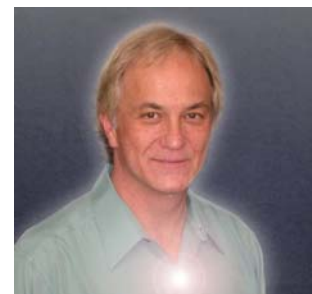
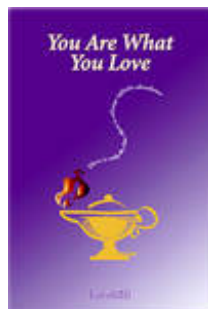
**Vaishali** and **Mellen-Thomas Benedict**

This interactive workshop will look at life's biggest questions: Who am I? Why am I here? What is the meaning and purpose of my life? What is my value, power, and worth?

Vaishali is an author and radio host who teaches that self-love is the key ingredient for spiritual nutrition, healing and growth. She is joined by Mellen-Thomas Benedict, who has maintained direct access to universal intelligence since his near-death experience in 1982 and is one of the most studied near-death experience cases in the world.

In a week filled with insight, compassion, and laugh-out-loud humor, you will learn how to

- Own and operate your human experience successfully and with confidence
- Grow beyond any limitation life delivers to your doorstep
- Use a rare form of Taoist abdominal massage to purge stagnant and out-dated emotional toxicity from the body-mind
- Create an unshakable and unconditional realization of your divinity.



**Register On-Line**

<http://www.eomega.org/omega/workshops/a0edf82bf13d7fab0841fd7b2b6e504d/>

Course: SM09-4205-662 . Or call: **877.944.2002**

**tuition: \$395**

**meals & accommodations: \$385-\$1,485**

**total cost range: \$780-\$1,880** (Based on accommodations choice)

The Omega Center for Health & Yoga is a 4 star retreat center and spa located in upstate New York.

**[www.PurpleV.com](http://www.PurpleV.com)**