



Continuing Educational Credits
Namasté
Advance Seminar

Wings Seminars

Description: Namaste' explores the diversity of spiritual beliefs. Through myth and metaphor, ritual and faith, in a non-religious seminar, individuals discover and open to the divine. Participants learn and practice meditation, mindfulness, devotional movement, and chanting. Namaste' brings home the spiritual experience to the individual and invites each of us to design our own sacred path.

Prerequisite: Personal Effective Seminar

Hours: 60 instruction hours:

Wednesday	9 am-9 pm
Thursday	9 am-9 pm
Friday	9 am-9 pm
Saturday	9 am-9 pm
Sunday	9 am-6 pm

Vendor: Innovative Learning Group, Wings Seminars
275 W 5th Ave
Eugene, OR 97401

CEU's: 6 Continuing Education credits with \$25. fee in following areas:

- Meditation
- Spirituality
- Stress Management
- Mind Body Education
- Coping Skills for Stress
- Human Potential