

The *Know Yourself* Workshops

WHAT ARE THE *KNOW YOURSELF* WORKSHOPS?

- The *Know Yourself* Workshops are designed to help you improve your overall well-being.
- The workshops will explore the concepts, tools, and exercises described in the *Know Yourself* DVD series.
- These workshops are facilitated by an Anthropedia Certified Instructor who has gone through a rigorous 350-hour training program and who has a great deal of experience with the DVD series.
- Integrating your work in the *Know Yourself* Workshops with personal coaching and participation in select body classes will help you take action on your physical and mental health goals and equip you with the tools and knowledge you need to live your life with greater mental, physical, and spiritual well-being.

WHAT IS THE *KNOW YOURSELF* DVD SERIES?

- Developed by the Anthropedia Institute, the *Know Yourself* DVD series is a sixteen-DVD course in well-being designed to help people increase self-understanding.
- Each DVD lasts 45 minutes to an hour and teaches exercises to foster calmness, self-awareness, emotional intelligence, and mind-body health.
- The DVD series relies on evidence-based techniques from a wide variety of therapeutic approaches, which are designed to help people increase self-awareness, manage stress, and find deeper contentment in their lives.
- All of the exercises and practices are designed to stimulate the development of the brain and, in particular, the prefrontal cortex.

WHAT SHOULD I EXPECT DURING THE WORKSHOPS?

- Each *Know Yourself* Workshop consists of three 90-minute sessions and will focus on one of the sixteen *Know Yourself* DVDs. Three sessions will allow us to adequately explore the material in each DVD. A facilitator will be available to answer any questions you may have on the material.
- You will need to enroll in all three sessions for each workshop. The sessions will take place every week for three weeks.
- If you are interested in continuing on to the next DVD, you can enroll in the next workshop, but there is no obligation to continue.
- In conjunction with the *Know Yourself* Workshop, we also request that you participate in one or two Neuroplasticity or Body Meditation classes each week during the 3-week workshop. This work on the body will greatly enhance the work in the *Know Yourself* DVD series and will allow you to have physical experiences of well-being that are not possible in a seated class.

DO YOU RECOMMEND ONE-ON-ONE COACHING AT THE SAME TIME?

- Each workshop will have up to 12 participants in a classroom-like setting. We request that the conversation during the workshop remain on the material presented.
- If you would like support in integrating the concepts into your daily life, or if you would like answers to your personal questions related to the DVDs, we recommend that you work with a coach.
- Coaches will help you with awareness-building, action-planning, and accountability to help you reach your personal well-being goals.
- Appointments for coaches are available during the day, in the evenings, and on weekends at PALM Health. PALM also partners with Anthropedia to offer select appointments during daytime hours at Anthropedia's coaching center at Saint Louis University.

WHAT IS THE COST AND SCHEDULE FOR THE WORKSHOPS?

- Each workshop is \$120 (includes three sessions and a CD Audio Guide).
- Please check with your Navigator for the next workshop start date and time.