

CONTACT: Sue Lewis or Andrea Obston
(860) 243-1447 (w) or (860) 423-8718 (h)
slewis@aomc.com

RESPECTED MEDITATION SCHOLAR/AUTHOR TO VISIT THE AREA

AVON, CONNECTICUT, April 16, 2002 – Respected scholar and author John Whitney Pettit will present a meditation workshop on Saturday, May 18, from 10:30 a.m. to 3:30 p.m., at the Complementary HealthCare Institute (CHI) in Avon.

The workshop, entitled *The Art of Presence: Meditation for Stress Reduction, Wakefulness and Better Living*, will provide participants with practical advice for beginning and enriching a mindfulness meditation practice. They will learn how to use mindfulness to release stress, develop greater compassion, gain insight into their own and others' motivation, and recognize and change negative patterns.

The author of *Mipham's Beacon of Certainty*, an acclaimed study of the Tibetan meditative traditions of Dzogchen, Pettit has been a practitioner of yoga and Buddhist meditation for 20 years. He holds a master's degree in comparative religion from Harvard and a doctorate in Buddhist philosophy from Columbia University. He is also a visiting professor of Religion at Vassar College.

The workshop will be held at Saint Francis Care in Avon, 35 Nod Road in Avon, near the junction of Routes 10 and 44. The fee is \$65. For reservations or more information, call the Complementary HealthCare Institute at 860-409-1501.

Affiliated with Saint Francis Care, CHI is a multi-disciplinary organization that offers holistic services and educational programs to support the integration of mind, body, and spirit for optimal health and well-being. The staff consists of a

diverse group of holistic health experts, including nursing professionals with extensive training in integrated medicine.

-end-