

The InnerLight Center/ P.E.E.R.
PO Box 970
Black Mountain, NC 28711
(888) 745-PEER (7337)

Other Dates of Note:

P.E.E.R.™ Supervision Training:

Feb. 18-20 and Apr. 16-18

P.E.E.R.™ III ?- Dec. 3-5, 2010

See www.peaktraining.org for updates on future PEER 1's, 2's, and 3, and more.

*Let Go...Become Alive Again...Embrace Community...Celebrate...
One Last Time...*

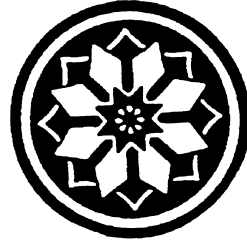
AWAKENING THE EMOTIONAL BODY

P.E.E.R.™ I Training

Improve Your Relationships
with: Clients, Co-Workers,
Loved Ones... & Yourself!

An Introduction to
Emotional Release Work
led by **Connie Burns,**
Vijay Director, Dr. Garry
D'Brant & Associates

Founded by
John Lee & Dan Jones



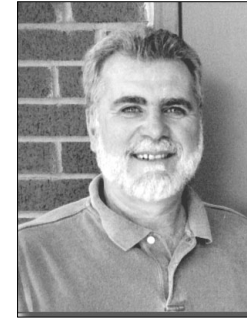
A Powerful, Innovative &
Caring Approach to Therapy

January 30-31, 2010



Vijay Director has led workshops and groups since 1987. He also has a private therapy practice, specializing in though not limited to men's issues. He founded Dreams East in 1981, The InnerLight Center in 1986, Creations Magazine in 1987 and the P.E.E.R. Training in New York, in 1994. He has practiced movement, meditation and emotional release for 29 years, and brings lightness, wisdom and extensive personal experience to P.E.E.R.'s teachings.

Connie Burns, MA, LPC is a licensed counselor with 21 years experience. She has offered workshops and trainings for therapists the past 19 years and is P.E.E.R.'s Clinical Supervisor. She, along with Vijay, created and has presented the P.E.E.R. Supervision Training since 1998. Connie is a clear, warm and insightful teacher.



John Lee, Co-founder of the P.E.E.R.™ Training Program, has trained therapists and counselors nationwide. He is an author, poet and internationally renowned speaker in the fields of Addictive Relationships, Co-Dependency, Men's Issues & Unblocking Creativity. His work in helping people release

anger (and other deep emotions) was featured on *ABC's 20/20* & *The View* with Barbara Walters.

His 14 books include: *The Flying Boy; Facing the Fire: Experiencing & Expressing Anger Appropriately; Growing Yourself Back Up; Courting a Woman's Soul;* his new *The Anger Solution* and many others. John offers private sessions and retreats.

Awakening The Emotional Body

P.E.E.R.™ I TRAINING

A Powerful, Innovative & Caring Approach to Therapy

Saturday and Sunday, Jan. 30-31, 2010
9:00am–5:00pm (approx.)

at: Immaculate Conception Retreat Center
7200 Douglaston Pkwy., Douglaston, Queens, NY

Presented by Senior Trainers: Connie Burns & Vijay Director, with Dr. Garry D'Brant

Course Description

The P.E.E.R.™ Training Program (Primary Emotional Energy Recovery) is about bringing the body and the feelings more fully into the healing process. Many people are recovering from addictive relationships, co-dependency, adult-child issues, shock, trauma and physical and emotional abuse.

The training enables the recovery of energy that has been unavailable due to the emotional tensions we've been afraid or unable to release. This training helps participants create a safe environment to experience and express feelings such as anger, sadness, grief, fear, shame, hurt and abandonment in a safe, appropriate manner.

The PEER™ I Training Program is individualized and designed to supplement your own respected and valued experience and background. You can expect the following:

- A clear demonstration of techniques that facilitate deep discharge of emotion from the body/mind.
- Deeper insight and awareness of the areas of your own recovery you may be in denial about.
- Theories about grief, depression and sadness, anger and intimacy that will supplement your understanding.
- Descriptions of ways to facilitate healthy discharge of sadness, grief and anger, fear and shame.
- PEER™ I is a prerequisite to additional PEER™ II and PEER™ III trainings and supervision programs.
- An opportunity to experience emotional release in a large and/or small group setting.

Target Audience: *Mental health professionals, substance abuse counselors, body workers, pastoral counselors, school counselors and all others interested in emotional release work and personal healing.*

NOTE: *P.E.E.R.™ III Grads receive a 20% discount– if space is available. Contributions to the P.E.E.R.™ Scholarship Fund are greatly appreciated (and tax-deductible!) Attendance of at least one PEER event per year is needed to maintain recognition as a P.E.E.R.™ facilitator.*

For Directions to Immaculate Conception Retreat Center:

See www.spiritualitymatters.org/directions/St.PeterPaul.htm

Call Vijay for other info (828.664.0000). No other notice or confirmation will be sent.

Please Note: This is the last PEER I event scheduled for 2010, or at this time, beyond!

Registering early is encouraged as participation is limited. Tuition is \$380 if received by Jan. 15, 2010 or \$400 thereafter, including delicious lunch, snacks and refreshments. **All registrations must be accompanied by check or Visa/Mastercard/Disc. information to be considered valid.** Phone registration by credit card only. Refunds less 40% are available IF cancellation is received 72 hours prior to the program. SPECIAL SERVICES: If you need special access or assistance to fully participate in this program, contact Vijay at (888) 745-PEER (7337). Loose, comfortable clothing is recommended.

Overnight Accomodations are available nearby at: Floral Park Motor Lodge, 516.775.7777 or hotels.com

REGISTRATION FORM

P.E.E.R 1: Awakening The Emotional Body

January 30-31, 2010

Name _____

Address _____

City, State, Zip _____

Phone(H) _____

(W) _____

E-Mail _____

Profession _____

Vegetarian Lunch Preferred

Payment info:

Check Credit card: 3 dig. sec. code _____

Card # _____ Exp. _____

address on card, if different than above.

Signature _____

\$380 Received by Jan. 15, 2010, w/ lunch

\$400 Received after 1/15/10

\$305 PEER™ III Grads by 1/15/10

Scholarship Fund Contribution (thank you!) _____

Make checks payable and send to:

The InnerLight Center

PO Box 970, Black Mountain, NC 28711

(888) 745-PEER (7337)