

**HUNTINGTON MEDITATION & IMAGERY CENTER**  
**Professional Training Program**

Bonney Gulino Schaub, R.N., M.S.  
Richard Schaub, Ph.D.

Studies in the *Journal of the American Medical Association* show that the most educated, affluent members of the public are the largest consumers of mind-body practices such as meditation and imagery.

If you are a physician, nurse, psychotherapist, clergy, educator or any other helping professional who wants to bring innovation and new interest to your work, meditation and imagery should be part of your skill set.

Your teachers, Bonney and Richard Schaub, have been pioneers in training hundreds of professionals internationally in the clinical applications of meditation and imagery and bring both pragmatism and vision to your training experience.

Their books, *An End to Fear* (Hay House), *Dante's Path* (Penguin), and *Healing Addictions* (Delmar), and many book chapters and articles, provide you with a spectrum of practices ranging from reducing personal and physical problems to cultivating serenity, guiding wisdom, and a greater perspective on the challenges of life. They are ably assisted by two long-time colleagues, Megan McInnis Burt, R.N., M.S., HNC, and Michael Follman, M.A.

**Acknowledgments**

"In today's troubled world, millions are searching for security and happiness in all the wrong places. Bonney and Richard Schaub offer an option—a path that can lead to personal transformation and serenity." **Larry Dossey, M. D.** Pioneer of integrative medicine. Author: *Healing Beyond the Body; Reinventing Medicine; Healing Words*

"Bonney and Richard, with whom I have worked for many, many years, give us both a reassuring and realistic guide to the process of cultivating wisdom and illumination in our daily lives." **Frank Lipman, M.D.** Manhattan's leading physician-acupuncturist. Author: *Total Renewal*

"Bonney and Richard affirm the key insight of the greatest wisdom traditions: we contain within us the seeds of transcendence and fulfillment. They teach us how we can achieve our highest potential." **Barbara Montgomery Dossey, Ph.D., R.N., FAAN.** Pioneer of holistic nursing. Author: *Florence Nightingale: Mystic, Visionary, Healer; Holistic Nursing - A Handbook for Practice; Rituals of Healing*

"In Bonney and Richard's work, you may have just taken the first step on the path to peace of mind." **Oprah's O Magazine**

## **Schedule for 2008-2009**

Saturdays, 10 a.m. – 5 p.m:

- October 4: Breaking the Stress Circuit
- November 1: Transforming Fear
- December 6, 2008: Cultivating Serenity
- January , 2009: The Discovery of Guiding Wisdom
- February 7, 2009: Subtle Energy and Spiritual Knowledge
- March 7, 2009: The Ultimate Resource: Love of Life

### **Location**

The setting is a historic house in Huntington, New York, a village founded in 1653 and known for its many great cafes and restaurants where you can go on your training breaks. Nearby hotels, motels, and inns are available for out-of-town students. E-mail or call us to discuss your specific needs.

### **Tuition**

The total tuition for all six Saturdays is \$1200. This can be paid in two installments of \$600 each if pre-arranged. If total payment is made before the start of the training, five percent is deducted from the tuition. Training materials are included. Recommended books are extra.

Tuition will be refunded after the first class if, for any reason, the student or the institute decides to discontinue the student's training. No further refunds of tuition will be made.



**36 Continuing Education Credits** are granted upon completion. We are an approved provider (#5858) of continuing education credits by the National Board of Certified Counselors.

**To find out more and to register, contact Richard at:**

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**Faculty biographies, publications and other information can be found at**

[www.richardschaub.com](http://www.richardschaub.com)