

The Monroe Institute's Excursion Workshop



Training & Hemi-Sync® audio technology from The Monroe Institute

at 1280 Peach Tree, Crozet (Fabienne's home)

Sat., July 27 ~ 9 - 12, 1- 5 PM

Sun., July 28 ~ 9:30 - 12, 1- 5 PM

The **Excursion Workshop** is a multi-hour extension program of The Monroe Institute developed to introduce specific levels of consciousness and to provide tools and techniques for continued self-exploration and support for daily living. Participants learn through powerful Hemi-Sync audio exercises, presentations, and group discussions how to achieve Focus 10 ("mind awake/body asleep") and Focus 12 "Expanded Awareness" as conceived by OOBIE expert Robert Monroe.

Led by Carol Taylor, accredited Outreach Trainer and Personal Resources Exploration Program Trainer, the Excursion is a results-oriented program designed to assist in expanding awareness, developing personal dimensions of creative intelligence, discovering a new sense of certainty and purpose, and applying one's full potential to all areas of life. The audio exercises formatted with Hemi-Sync can be a springboard to exploring other realms, altered states, or levels of consciousness, with possibilities for self-directed guidance and direction.

Benefits

- **Personal growth** (build confidence, increase motivation, access creativity, accelerate learning, relaxation and health)
- **Consciousness exploration** (connect with self, expand awareness, gain insight and direction, discover information)

through listening, relaxation, meditative states, and visualization in a comfortable, non-judgmental setting where...you are always in control.

\$ 60.00 includes 2 days of tuition/training, workbook, and TMI discount coupon (to a Gateway Voyage residential program) for this small group workshop



Carol Taylor, M.L.S., has enjoyed teaching all ages in training programs, schools, and senior centers, and she has been involved with practical uses of audio, visual, and information technology for over 25 years. Connected with The Monroe Institute since 1995, she is a graduate of the programs: Gateway Voyage, Heartline, Guidelines, Lifeline, Exploration 27, Beyond Exploration 27, MC2, Timelines, New Year, and the Trainer Development and Assessment Program.

Participants are asked to bring lunch and pillows and sleeping bags or comforters.

Telephone 434-249-6217 or email monroetraining@gmail.com for information.