



# Write of Passage

The Transitions Bookplace

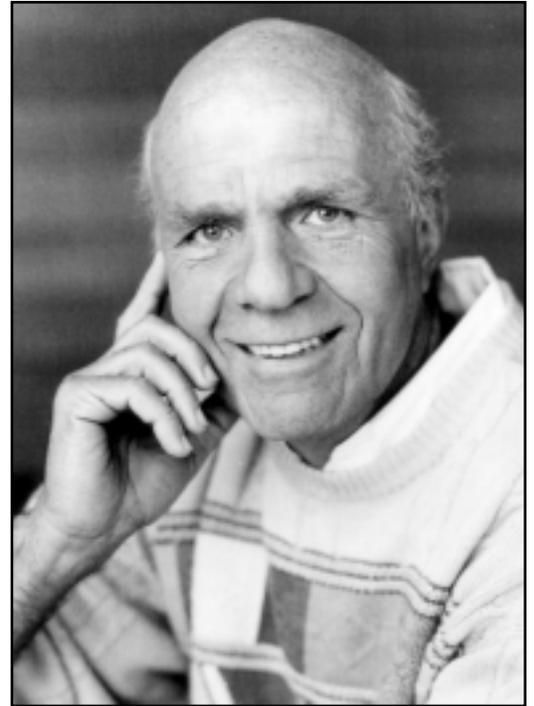
a bimonthly newsletter of Transitions Bookplace & Café

July/August 2002

## In This Issue

- Yoga Spirit by Steve Nakon .....2
- Transitions Bookplace Bestsellers .....2
- Transitions Learning Center Workshops ...3
- New Titles .....11
- Transitions Learning Center Calendar of Workshops .....15
- Transitions Bookplace Calendar of Events . .18
- Summer Sale .....20

## The Wayne Dyer & Caroline Myss Seminar



Saturday, November 23, 2002

Bestselling authors Dr. Wayne W. Dyer and Dr. Caroline Myss have played key roles in the movement of people interested in awakening human potential. These two innovative leaders have helped tens of thousands of people access their innate abilities by teaching how we create our own realities, for better or worse, and how to consciously direct human energy toward achieving goals. On Saturday, November 23, Dyer and Myss will collaborate for the first time ever—bringing to you their knowledge and experience of the amazing interconnection between our minds, bodies and realities, and how to work with this information to not only improve your daily life, but reach your highest human potential.

Caroline Myss, a pioneer in the field of energy medicine and human consciousness, is the bestselling author of *Anatomy of the Spirit*, *Why People Don't Heal and How They Can* and *Sacred Contracts*. Wayne Dyer, often credited with beginning the self-development movement, is the bestselling author of *Wisdom of the Ages*, *Manifest Your Destiny* and *There's a Spiritual Solution to Every Problem*.

See page 10 for details.



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Chicago, IL 60622  
312.951.READ  
www.transitionsbookplace.com

Join us with bestselling author **Doreen Virtue, PhD** presenting  
**Messages from Your Angels** See page 4 for details.

# Bestsellers

may & june

## books

1. **Wisdom of the Ages** Wayne Dyer
2. **Wayne Dyer's 10 Secrets for Success** Wayne Dyer
3. **The Power of Now** Eckhart Tolle
4. **The Four Agreements** don Miguel Ruiz
5. **Sacred Contracts** Caroline Myss
6. **Move Your Stuff, Change Your Life** Karen Rauch Carter
7. **Messages From Your Angels** Doreen Virtue
8. **The Artist's Way: 10th Anniversary Edition** Julia Cameron
9. **Yoga for Transformation** Gary Kraftsow
10. **The Healthy Kitchen** Andrew Weil & Rosie Daley

## music

1. **Buddha's Dream** Riley Lee
2. **Chakra Meditation Music** Caroline Myss
3. **Obsession** Narada
4. **The Essence** Deva Premal
5. **Inner Voices** Carlos Nakai
6. **Faeries** Troika
7. **In the Garden of Souls** Vas
8. **Tantric Sexuality Mind Body Soul** New World
9. **Kala Rupa** Greg Ellis
10. **Odyssey** Delerium

## audio/video

1. **Meditations for Manifesting** (audio) Wayne Dyer
2. **AM & PM Yoga for Beginners** (video) Rodney Yee & Patricia Walden
3. **Total Yoga** (video) Tracy Rich
4. **Power Yoga for Beginners** (DVD) Rodney Yee
5. **The Power of Now** (audio) Eckhart Tolle
6. **The Places that Scare You** (audio) Pema Chödrön
7. **Excuse Me Your Life is Waiting** (audio) Lynn Grabhorn
8. **Spiritual Madness** (audio) Caroline Myss
9. **Chakra Yoga** (video) Gurutej Kaur
10. **Back Care for Beginners** (video) Rodney Yee

# Yoga Spirit

by Steve Nakon



In our inaugural column we covered some of the benefits that yoga has to offer. As this series continues we will explore the many different dimensions of yoga and answer your yoga questions.

Students often ask what makes the physical practice of yoga different from other forms of exercise.

From our view the most important distinction is the conscious involvement of the mind and the breath in the movement and the alignment of the body. Yoga can be supportive to all types of physical activity including individual and team sports. There are many professional athletes and teams that have included yoga in their training programs.

Yoga encourages us to begin where we are and treats us as unique individuals with needs and concerns pertinent to our personal condition. Our approach is to create an environment where there is no need to compete, but ample room to grow. Each student can progress at his or her own rate.

In our classes we practice SARVANGA SADNAHA. SARVANGA in Sanskrit means "all limbs." SADNAHA means "practice." This approach is holistic incorporating the physical, the intellectual, the emotional and the spiritual. On the physical level we incorporate a series of movements including standing, sitting, reclining, forward bends, back bends, inversions and twists. We pay special attention at the beginning of each session to warming up and connecting to the breath, for only from a relaxed and centered place can true awareness grow.

Although each class is different there are underlying principals and themes. Breath is the core of our yoga experience and as we gain awareness of our breathing and how it relates to the movement of the body in practice we begin to experience awareness in each moment of our lives. This awareness helps to bring all levels of our lives into balance.

We invite your yoga questions. You can email me at [steve@northwestyoga.org](mailto:steve@northwestyoga.org) or send your questions or comments to Transitions Bookplace, 1000 W. North Avenue, Chicago, Il, 60622, Attention Steve Nakon.

Personal Practice Tip: To begin the day with energy and focus take some time after you wake up to stretch the body and connect to the breath. Stand balanced over your feet with your arms resting at your sides. Take a half dozen breaths slowly and deeply paying close attention to physical quality of the breath, movement in chest shoulders, abdomen, hips etc. Begin to raise your arms comfortably over your head synchronizing this movement with your inhale. On the exhale slowly lower the arms. Repeat for six breaths. Stand quietly for a few moments before moving into your day.

Namaste'  
Steve Nakon

*Steve teaches ongoing yoga classes at Transitions Learning Center on Monday and Wednesday mornings at 10AM, and Friday mornings at 8AM. For more information see page 6 of this newsletter.*

*Steve also teaches "Yoga in the Moment" workshops and intensives at the Learning Center. The next workshop "Yoga for Common Ailments" is on Saturday, September 21, 10AM-4PM. For more information see page 6 of this newsletter.*

*Check out [www.northwestyoga.org](http://www.northwestyoga.org) for Steve's complete teaching and workshop schedule.*

## Medicine Bag Workshop

with Sheri Rosenthal

Saturday & Sunday, July 13 & 14, 9am–4:30pm



**JOIN US WITH** Sheri Rosenthal for a highly interactive and revealing workshop focusing on the belief system that forms the very foundation of the dream of our lives. Together we'll examine the "stories" of our lives, what we tell ourselves about who we are and what our world is.

These "stories" act as mirrors for our own dream so we can see with clarity, detachment and love. We see that

all our faith is in what we believe, and we have been powerless to change the patterns of our lives.

Using these new found awarenesses, Rosenthal will teach how we can connect with our emotional bodies and break the original agreements made during our domestication period. Once our faith is released from our agreements, we can cultivate our power, our free will again, to create love, joy and happiness in our lives.

We'll learn detailed instructions on how to create our own Medicine Bags to continue this transformational work in our daily lives and live what we have learned.

Come prepared to rock your world!

**SHERI ROSENTHAL, DPM HAS** been walking the Toltec path for five years. She was a Podiatrist for 16 years in her pre-Toltec days and has been Executive Director of Sixth Sun Foundation for the past two years. Through Sixth Sun (the Toltec Teachers non-profit corporation), Sheri has had the opportunity to create and teach at don Miguel Ruiz's workshops and power journeys. The best part of her job has been the privilege of co-lecturing with don Miguel all over the country. She delights in bringing forth his teachings and watching people transform before her eyes.

### Prices

Bookclub members \$165, Non-members \$175

## Dreams Are Letters From The Soul

with author Dr. Connie Kaplan

Saturday, July 20, 10am–4:30pm



**AUTHOR DR. CONNIE** Kaplan revolutionizes and redefines dreaming. She calls sleep a "journey into the dimension of truth," and she says that dreams are messages our soul sends us from that dimension. Connie gently shows us that dreams are the key to understanding the truth of who we are and why we are here. Dreams are letters from the soul, knocking on the door, asking to

come in.

In this one-day seminar, Connie will teach an ancient prayer form called dream circle, which will help you crack the code of dreams and decipher these messages. Connie will radically change the way you view your dreams and open your mind to dimensions you haven't even dreamed of—at least, not yet.

In addition, you will learn the thirteen types of dreaming that we experience: prophetic, telepathic, ceremonial, shamanic, psychological, healing, and spiritual, to name a few. Connie reveals how our dreams aren't just about us, but that we often dream each other's lives and help one another in the dream. We even dream possibilities for our future. We dream together.

Join us for a discovery of the levels of spiritual development we must achieve in order to dream the new dream and manifest peace on our planet. Learn how to consciously develop access to the unseen realms of creation, which will help you better understand your dreams and turn your life potential into a tangible form of positive change.

**CONNIE KAPLAN HOLDS MASTER'S** degrees in communication and psychology and a doctorate of ministry. Combining her impressive scholarship with her poignant spiritual practice, Dr. Kaplan is a spiritual counselor and teacher, as well as author of *Dreams are Letters from the Soul*. She is the mother of three, and lives in Santa Monica, California with her husband and children.

### Prices

Bookclub members \$75, Non-members \$85

## The Art of Ascension Workshop

with author Janet Angel, PhD  
Saturday, July 27, 9:30am–4:30pm



**EVERY HUMAN SOUL** craves its truest nature which is ascension. This workshop will set to motion the unveiling necessary to awaken the soul's core passion and potential. Everyone is in the midst of the process. It matters not where you are on the stairway, each step is necessary. Students can expect to experience some divine gifts such as clairaudience, remote viewing, telekinesis, ESP, and clairvoyance with greater results. What matters most is having a pure intent in achieving your fullest potential which far exceeds all boundaries known to man. As this begins, Masters will enter your life known and unknown to help along your way. This session will include intense meditative states helping to make the resonance shift imperative to unleashing your core cellular memory and gifts. (As we begin to perfect our own human lives by reclaiming our rightful heritage, our souls will strongly connect for the ultimate goal of oneness with unconditional love, which upholds life in all places.)

**DR. JANET ANGEL, PHD IS** a uniquely gifted spiritual leader, author of a new series of books entitled *All That You Are*, research scientist, sought-after speaker, teacher and guest on various radio programs. Her messages filled with unconditional love and humor reach a wide audience as she teaches how to reach one's fullest potential on every level. She has a diverse educational background with doctorate degrees in the fields of science and psychology and has been a clinical professional for over twenty years. It has been said that her work bridges the gap between concrete science and spirituality. Janet is also an innately gifted composer, pianist and vocalist, who has been writing music since childhood. She will release two CDs later this year.

### Prices

Bookclub members \$75, Non-members \$85

## Messages from Your Angels

with bestselling author Doreen Virtue, PhD  
Sunday, August 18, 7–9:30pm  
**Special Location:** Transitions Bookplace



**JOIN DOREEN VIRTUE** for a powerful, healing, and enlightening evening as she discusses the new information she has received from the Spirit world. The topics include: the changing world, Indigo Children, the causes of illness and unhappiness and how to heal them, relationships, extraterrestrials and dolphins, self-employment, and much more.

Doreen will also discuss and demonstrate the use of her new *Messages from Your Angels* oracle cards, and how the cards can help you make contact with your angels and departed loved ones. She will conduct a powerful invocation of the archangels, the healing angels, the angels of abundance, and the romance angels, to help you release, heal, and manifest your Divine Purpose. Afterwards, she'll take audience questions and sign your book and card deck. Doreen is a warm, sincere, and entertaining speaker who is dialed-in to the spirit world. This is one event you won't want to miss!

**DOREEN VIRTUE, PH.D. IS** A clairvoyant doctor of psychology, who helps people to connect with their guardian angels and deceased loved ones. She is the bestselling author of *Messages from Your Angels* book and oracle cards, *Angel Therapy*, *Healing with Your Angels* book and oracle cards, *The Care and Feeding of Indigo Children*, and many others. Doreen has appeared on *Oprah*, *CNN*, *Good Morning America*, and *The View*. Please visit her website at [www.AngelTherapy.com](http://www.AngelTherapy.com).

### Prices

Bookclub members \$35, Non-members \$45

## Manifestation Acceleration Technique Workshop

channeled and guided by ArchAngel Michael via author Gregory Ashid Possman

Saturday, August 31, 10am–6pm



**LEARN HOW YOU** can change and improve your life with a new form of manifestation that has been brought forward by the ArchAngel Michael. This technique utilizes the Toroid, Sacred Geometry, Soul Rotation and Breathing to help you identify your purpose, realize your soul's magnificence and clear the unconscious projections which are holding you back from creating your highest vision.

Those utilizing this technique will begin to experience a rapidly accelerating rate of manifestation in their lives, as well as bring on gifts, rewards and possible challenges. A diligent and consistent application of this technique will bring forth a process called soul rotation during which you will be bringing in previously unrevealed aspects of your higher self or oversoul. As these aspects rotate in, aspects of the ego personality will rotate out allowing you to manifest a new reality in your life.

Upon completion of the training, each participant will be certified to teach the class and will be given a certificate of certification as well as a manual for teaching purposes.

### Note

Please bring a pencil or pen, paper to write on, and a pillow and blanket or pad to lie upon.

### Prices

Bookclub members \$140, Non-members \$150 (Receive a 10% discount when registering for both days.)

## A Day with the Masters

channeled via author Gregory Ashid Possman

Sunday, September 1, 10am–5pm

**JOIN GREGORY AS HE CHANNELS** ArchAngel Michael, Lord Sananda (the Christ), Quan Yin and Master Ling, The Master Teacher Spirit, and The Council of Shambhala for a day of initiations, teachings and healing.

As a participant in this workshop, you will experience the Sacred Presence of the Masters. This transformative day will leave you feeling empowered, lighter, joyous and more connected to the Eternal Truths of the Masters. You will have an opportunity to receive an Anchoring from ArchAngel Michael to strengthen your prosperity consciousness and identify your specific objectives for 2002 which will then be grounded into your etheric energy field for manifestation.

Lord Sananda (the Christ) will perform energy exchanges with each participant and Quan Yin and Master Ling will conduct a chakra clearing process utilizing chimes tuned to each chakra to release old blockages, guilt, shame and thought patterns. Master Ling may come forth to individuals during the process and perform light surgery on those who desire it.

The Master Teacher Spirit will deliver tools to empower your sovereignty, to prepare you for your life purpose, to release suppressed emotion and to release any residual hold your parents have on you. There will be an exercise in Forgiveness of anyone to whom you may be giving your power away. The Council of Shambhala may come forth as well to offer wisdom, teachings and healing. The Atlantean Crystal Bowls will also be utilized during the course of the channelings.

### Note

Please wear white clothing if you have it. Please bring any crystals you wish charged and pillows to sit upon.

### Prices

Bookclub members \$140, Non-members \$150 (Receive a 10% discount when registering for both days.)

**GREGORY ASHID POSSMAN IS** a trance and conscious channel for the *Master Teacher Spirit*, the *ArchAngel Michael*, *Sananda (the Christ)*, *The Council of Shambhala*, *Kwan Yin*, *Ling*, the *Ancient of Days*, and the *Council of Grandfathers*. Ashid recently authored *Future Vision: A Spiritual Guide to the New Millennium*. He travels throughout the world, leading spiritual journeys, facilitating ceremony and workshops. Gregory is currently leading journeys to establish protective shields on the planet as guided by *The Council of Shambhala*. Ashid has been a contributing writer for *Shared Visions* and *Contact Forum* magazines.

## Yoga for Common Ailments

with Steve Nakon

Saturday, September 21, 10am–4pm



THE TRADITIONAL physical-mechanical approach to healing can do little to relieve illness created by chronic stress and the conditions of modern life. In this model, health is static rather than a dynamic process of growth. In this workshop we will look at chronic conditions such as weight loss, insomnia, fatigue, headaches and low back pain using a series of postures and breath to alleviate the cause of disease in the body. Meditation and visualization will be incorporated to support the healing process. All levels welcome. No previous yoga experience required.

**STEVE NAKON IS THE** director of Northwest Yoga and coordinates the yoga program at the Chicago Botanical Gardens and the Museum of Contemporary Art. He is also on staff at the Himalayan Institute and is a board certified hatha yoga instructor. Steve has studied the Viniyoga lineage of T. Krishnamacharya and T.K.V. Desikachar and has studied with author Gary Kraftsow (*Yoga for Wellness*).

**Note** Please bring a yoga mat or towel.

**Prices**

Bookclub members \$50, Non-members \$60

## Yoga... in the Moment

with Steve Nakon

Mondays & Wednesdays 10–11:15am (ongoing)

Fridays 8–9:15am (ongoing)

**DISCOVER HOW THE** centuries old Eastern practice of yoga combines movement, breath and stillness to deeply relax the body and allow the mind to clear and the moment to unfold. Yoga is an ancient practice of gently stretching the body in various asanas or postures that help the body to increase health, vitality and self-awareness. Students learn the core movement principles that form the foundation of a yoga practice as well as breathing and relaxation exercises to develop balance and energy.

**Prices**

10-class pass:

Bookclub members \$100, Non-members \$120

Single classes:

Bookclub members \$12, Non-members \$14

Pay for classes at the door

For more information call Steve at 773-772-2220.

## Astrology: The Language of the Soul

with astrologers Barbara Schermer and Lynn Staudacher

Sunday, September 22, 10am–4pm



*“But perhaps there is a pattern set up in the heavens for one who desires to see it, and having seen it, to find one in himself.” — Plato*

**ASTROLOGY IS AN** elegant language that speaks of your soul’s relationship to the cosmos. Your astrological chart is a “map of the soul” that depicts the qualities of who you are and how you relate to life. This class introduces you to genuine astrology, not the superficial pop astrology depicted in the daily horoscopes. You’ll learn about the meaning of the ten planets and twelve signs in your own chart, do a planet walk (walking around the zodiac to each of your ten planets) and work with evocative images. Learn about your chart from two of Chicago’s most respected astrological professionals. Insightful, practical and fun!

**BARBARA SCHERMER**, A Chicago astrologer and teacher for over 26 years, is author of *Astrology Alive!* (Crossing Press) and is a Board member of Kepler College of Astrological Arts and Sciences in Seattle. Her approach is psychological, in-depth, pragmatic and affirming. She is also a guest speaker at The Heartland Spa in Gilman, IL, Rio Caliente Spa in Guadalajara, Mexico and at the C.G. Jung Institute in Evanston, IL.

**LYNN STAUDACHER**, OF Cosmic Footprints, has been a student of astrology since 1974. During recent life-changing Pluto conjunctions to her Sun and Mars, she participated in Barbara Schermer’s Astrology Apprenticeship program. She edits Barbara’s column at [www.astrologyalive.com](http://www.astrologyalive.com).

**Note**

Supply your birth date, time and place of birth one week prior to the class to Barbara at [barbara@astrologyalive.com](mailto:barbara@astrologyalive.com) or phone 773.248.7108.

**Prices**

Bookclub members \$70, Non-members \$80

## Psychic U<sup>©</sup>

### a 10-week Psychic Mystery School

with author Sonia Choquette, PhD

Mondays, September 23–November 25, 7:30–9:30pm



SONIA CHOQUETTE invites you to attend Psychic U<sup>©</sup>!

For the first time ever and by popular demand, Transitions Learning Center is proud to announce a 10-week in-depth course of study and training by Chicago's premier intuitive and spiritual teacher, Sonia Choquette, Ph.D. Sonia's fluency in spiritual law and psychic living is unsurpassed and no one in her field

better teaches how to expand into higher awareness in such an elegant, creative and graceful fashion.

*"With the onset of the changing world we now live in following spiritual law and activating our intuition is no longer optional. It is fundamental to our ability to live with ourselves and others in peace."*

Don't miss Psychic U<sup>©</sup> if you are:

- Interested in developing your intuitive gifts
- Seeking or desiring a vocational practice in the intuitive arts
- In the healing professions
- An entrepreneur wanting to take a leap of faith in pursuing your dreams
- An artist wanting to enter a new level of creativity
- A world citizen wanting to be a bringer of peace
- Looking to enjoy life more!

**EDUCATED AT THE UNIVERSITY** of Denver and the Sorbonne, Paris in addition to holding a doctorate in Metaphysics, Sonia Choquette focuses on straightforward and direct techniques for resurrecting your intuitive voice and putting it to work for you now. Sonia is the author of the bestselling books *The Psychic Pathway*, *Your Heart's Desire*, *The Wise Child*, and *True Balance*.

#### Prices

Bookclub members \$575, Non-members \$600

## Telepathic Animal Communication

with author Carol Gurney

Saturday & Sunday, October 5 & 6, 10am–5pm



**JOIN US FOR A** weekend workshop with author Carol Gurney and discover the 7-Step HeartTalk Program<sup>sm</sup> designed to teach anyone to communicate with animals. The program cultivates our natural empathy and the intuitive powers we use unconsciously every day.

In this experiential workshop, Carol will lead the group in practicing the various communication techniques

available and work with at least three animals of the participants', asking specific questions that can be validated. If there are any particular problems with an animal, Carol will ask questions to find out the cause and needs of the animal. During the course of the weekend, Carol will review how each person is receiving information so that individual experiences are validated.

During the second day of the workshop Carol will teach problem solving techniques and how to communicate with animals long distance. As participants become comfortable with long distance communication, they will build on their telepathic abilities by asking the animals specific questions that can be validated so that each person can leave this workshop knowing that his or her connection and communication with each animal was indeed real.

**CAROL GURNEY IS ONE** of the foremost Animal Communicators in the world and the first to offer a fully comprehensive training program. Carol's HeartTalk Program<sup>sm</sup> has assisted thousands of people to enhance relationships with their animals, as well as trained many professionals in the ever-growing field. Carol is the author of *The Language of Animals: 7 Steps to Communicating With Animals*.

#### Note

If you are considering bringing your pet to the workshop, please call Transitions Bookplace.

#### Prices

60 days in advance:

Bookclub members \$265, Non-members \$275

After:

Bookclub members \$290, Non-members \$300

## The Myth of Authority

**The Deeper Meaning and Hidden Effects of 9/11, Enron, the Catholic Church Scandal and Other Personal and Public Events**

with author Gail Minogue

Saturday, October 12, 10am–4pm, 2nd floor



**EACH OF US HAS** been profoundly affected by the event of September 11th and the continuous uncertainty and changes in our daily lives. This event and many others, however, are not isolated incidents but are part of greater programming for planetary changes. During her workshop Gail will discuss the Numerological Blueprints of the players and provide fascinating information on why terrorism is not the real issue. Gail will show you what are the implications for the world and why this is all coming together at this time. She will teach you what you must now know and use in this new era, what changes you need to make to create more certainty in your life, how to be your own best source of supply, what old methods work and which won't and how to prosper and enrich your life during the next cycle of pause and retraction. If you want to know what economic, spiritual, social and political trends will impact your life, you will want to attend this important and thought-provoking workshop.

**GAIL MINOGUE FROM** Los Angeles is a well-known professional in the symbolic relationship of numbers to our life experiences. She is able to synthesize esoteric information into practical knowledge combining spiritual laws and cycles with the economic, social, political and spiritual conditions. She has spent 20 years studying Numerology, the Kaballah and other ancient teachings. Gail appears regularly on radio and television, conducts workshops coast-to-coast and is the author of *Divine Design: How You Created the Life You Are Living*.

### Prices

Bookclub members \$69, Non-members \$79

## Walking In This World

with bestselling author Julia Cameron

Thursday, October 17, 7–9:30pm



**FROM HOLLYWOOD** stars to community theatre actors, from bestselling authors to amateur journalists, eager fans who have experienced the rich benefits of *The Artist's Way* can now sink their teeth into Julia Cameron's newest offering, *Walking In This World: The Practical Art of Creativity*.

Join us with Cameron as she introduces this exciting new book which picks up where *The Artist's Way* ended. You will learn about a second 12-week course—Part Two in an amazing journey toward discovering your human potential.

Employing her basic tools of creative practice, Morning Pages (three pages of longhand writing everyday), Artist Dates (a weekly solo adventure), and now another pivotal tool, The Weekly Walk, *Walking In This World* shows readers how to inhabit this world with a sense of wonder—a child-like inquisitiveness with which each of us is born.

**JULIA CAMERON HAS HAD A** remarkable career—and one which has in turn given remarkable help to others. Herself an award-winning poet, playwright, and filmmaker, she has written fifteen books, ranging from her widely-praised, hard-hitting crime novel *The Dark Room* to her volumes of children's poems and prayers. Despite her extensive film and theatre credits, which include such diverse work as "Miami Vice" and the prize-winning romantic comedy "God's Will" which she both wrote and directed, Cameron is best known for her hugely successful works on creativity. *The Artist's Way* has sold nearly a million and a half copies worldwide; her follow-up bestsellers *The Vein of Gold* and *The Right to Write* are likewise flagship books which are taught in universities, churches, human potential centers and even in tiny clusters in the jungles of Panama.

### Prices

Bookclub members \$27, Non-members \$30  
Price includes a copy of *Walking In This World* given at the door.

## The Artist's Way

with bestselling author Julia Cameron

Saturday, October 19, 9:30am–4:30pm



**MANY OF US WISH** we were more creative. Many of us sense we *are* more creative, but unable to effectively tap that creativity. Our dreams elude us. Our lives feel somehow flat. Often, we have great ideas, wonderful dreams, but are unable to actualize them for ourselves. Sometimes we have specific creative longings we would love to be able to fulfill—learning to play the piano,

painting, taking an acting class, or writing. Sometimes our goal is more diffuse. We hunger for what might be called creative living—an expanded sense of creativity in our business lives, in sharing with our children, our spouse, our friends.

While there is no quick fix for instant, pain-free creativity, creative recovery (or discovery) is a teachable, trackable spiritual process. Each of us is complex and highly individual, yet there are common recognizable denominators to the creative recovery process.

Join us with Julia Cameron, celebrated author of *The Artist's Way*, for an experiential workshop in which you will learn how to process and transform life through acts of creativity. *The Artist's Way* is the seminal book on the subject of creativity. An international bestseller, it's an invaluable guide to living the artist's life. *The Artist's Way* is a powerfully provocative and inspiring work. Here is an opportunity to spend a day with the author learning how to tap into your own creativity.

**JULIA CAMERON HAS HAD A** remarkable career—and one which has in turn given remarkable help to others. Herself an award-winning poet, playwright, and filmmaker, she has written fifteen books, ranging from her widely-praised, hard-hitting crime novel *The Dark Room* to her volumes of children's poems and prayers. Despite her extensive film and theatre credits, which include such diverse work as “Miami Vice” and the prize-winning romantic comedy “God's Will” which she both wrote and directed, Cameron is best known for her hugely successful works on creativity. *The Artist's Way* has sold nearly a million and a half copies worldwide; her follow-up bestsellers *The Vein of Gold* and *The Right to Write* are likewise flagship books which are taught in universities, churches, human potential centers and even in tiny clusters in the jungles of Panama.

### Prices

Bookclub members \$100, Non-members \$120

## The Circle Workshop

with the bestselling author of

*Practical Intuition*, Laura Day

Saturday, November 2, 10am–4:30pm



*“You are the intuitive, you are the healer, you are the creator. In The Circle all of the gifts of human being are yours. You are enough, right now, to create anything you dream. In The Circle all of the energy of the universe is one.”* —Laura Day

**WHAT IF A SINGLE** wish could transform your life? It can—if you know how to use that wish to harness the energy within and around

you that you probably never knew existed. Join us with bestselling author Laura Day and enter The Circle. You have innate abilities, already developed, that allow you to understand yourself, others and your environment. These abilities can help you act in ways that create joy, success and healing. In this interactive workshop, Day will guide you through the nine elements of The Circle, demonstrating that you have these healing gifts, and you can use them to manifest one single wish in your life.

You are the intuitive; you are the healer; you are the creator. Learn to tap your intuitive power to heal your life and to join with the power of others to transform and change each other and the world around you. Laura Day will teach you how to do professional quality intuitive healings and readings, even if you've never done one before. You will leave this workshop able to use all the gifts of The Circle personally and professionally.

**LAURA DAY, BESTSELLING AUTHOR** of *Practical Intuition*, *Practical Intuition for Success*, *Practical Intuition in Love*, *The Circle*, and the CD *The Healing Circle*, has a clientele that includes celebrities, business executives, scientists, and professionals in many fields. Day counts among her friends and followers of her teachings, Demi Moore, Brad Pitt, Deepak Chopra, Dr. James Watson, Wayne W. Dyer, Rosanna Arquette and many others. Day has appeared on *Oprah*, *The View*, *Entertainment Tonight* as well as many other national television and radio programs. She has been teaching Circle workshops around the world for more than ten years.

### Note

Please bring a blank journal and a wish.

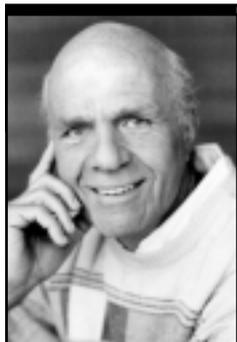
### Prices

Bookclub members \$75, Non-members \$85

## The Wayne Dyer and Caroline Myss Seminar

Saturday, November 23, 9am–5pm

at The Donald E. Stephens Conference Center  
5555 N. River Road, Rosemont, IL



**DR. WAYNE W. DYER AND DR. CAROLINE MYSS** have played key roles in the movement of people interested in awakening human potential. These two innovative leaders have helped tens of thousands of people access their innate abilities by teaching how we create our own realities, for better or worse, and how to consciously direct human energy toward achieving goals. On Saturday, November 23, Dyer and Myss will collaborate for the first time ever—bringing to you their knowledge and experience of the amazing inter-connection between our minds, bodies and realities, and how to work with this information to not only improve your daily life, but reach your highest human potential.

**DR. CAROLINE MYSS IS A** pioneer in the field of energy medicine and human consciousness and holds a doctorate in intuitive and energy medicine. She is the bestselling author of *Anatomy of the Spirit*, *Why People Don't Heal and How They Can* and *Sacred Contracts*.

**BESTSELLING AUTHOR** Dr. Wayne W. Dyer is often credited with beginning the self-development movement. He holds a doctorate in counseling psychology and will speak about his two newest books, *There's A Spiritual Solution to Every Problem* and *10 Secrets for Success and Inner Peace*.

### Note

CEU's will be offered for this event. Please call Transitions Bookplace for more details.

### Prices

Through September 15:

Bookclub members \$125, Non-members \$140

After September 15:

Bookclub members \$140, Non-members \$155

## The Nia Technique

with Carol Ann Montgomery, MS

Tuesdays, 6:30–7:45pm



**COME OPEN YOUR** heart and experience the Nia Technique. Nia is a creative, barefoot, non-impact aerobic movement. Nia blends principles and concepts from Tai-Chi, Tae-kwon-do, Aikido, Jazz and Duncan and Modern Dance, Yoga, Feldenkrais Technique and The Alexander Technique. It's a holistic movement nourishing body, mind and spirit. Come dance and experi-

ence a unique and creative movement to open your heart and nurture your soul.

**CAROL ANN MONTGOMERY, MS** is a certified White Belt Nia instructor who has been teaching in the Chicago area for over 2 years. She brings a playful, joyful and inspirational spirit to her teaching. She also is a wellness consultant and health educator who has worked in the health care field for over 8 years.

### Prices

5-class pass:

Bookclub members \$50, Non-members \$60

Single classes:

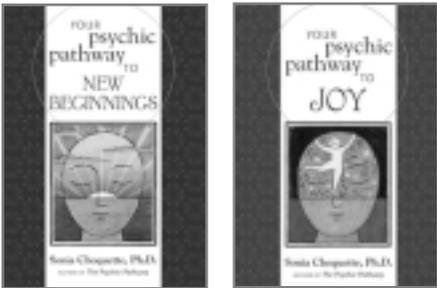
Bookclub members \$12, Non-members \$14

Pay for classes at the door

# New Titles

## Your Psychic Pathway to New Beginnings & Your Psychic Pathway to Joy

Sonia Choquette, PhD \$14.00 each



In these beautiful gift books, spiritual counselor Sonia Choquette compiles inspirational passages from her four previous books (*The Psychic Pathway*, *True Balance*, *The Wise Child* and *Your Heart's Desire*) to enable readers to use their intuitive powers to find exhilaration and contentment in each new phase of life.

*Your Psychic Pathway to New Beginnings* is for people looking for a fresh start in their lives. Sonia encourages readers to create a wish list of new experiences and to “lead from your soul, not from fear.” She also offers simple suggestions for creating a sense of renewal, such as cleaning out the clutter in a closet or desk.

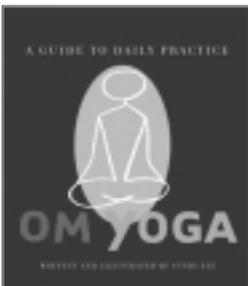
In *Your Psychic Pathway to Joy*, Sonia offers affirmations such as “Joy is a landmark of your intuitive life” and wisdom such as “Listening to your intuition opens you up to a world of limitless creative expression and spiritual peace.” She also suggests ways of bringing more joy into our lives.

Look for these titles in our Creativity section. Available in July.

## Om Yoga

Cyndi Lee

\$19.95

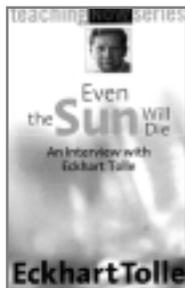


Too busy to attend yoga class but can't be bothered to read the endless instructions in the latest yoga book? In *OM Yoga: A Daily Practice*, cele-

brated yoga instructor Cyndi Lee brings the rigors and rewards of yoga class to the home with a totally unique method of teaching. Instead of wordy directions and minimal pictures, each series of *asanas* is communicated entirely through easy-to-follow illustrations and streamlined instructions and tips. Designed in a practical, concealed Wire-O format that lays flat on the floor while being used, *OM Yoga* is organized in tabbed sections for each day of the week. When joined together, each day's recipe cultivates a yoga practice that is challenging, energizing, and restorative. Including sections on meditation, breathing, and do-it-yourself yoga “recipes” for all levels, *OM Yoga* creates the possibility for a meaningful yoga practice in the privacy of the home. Look for this title in our Yoga section. Available in August.

## Even the Sun Will Die

An Interview with Eckhart Tolle  
Eckhart Tolle \$24.95 audio



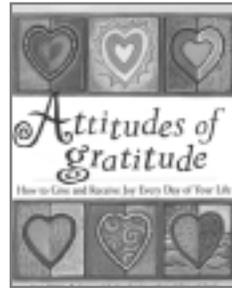
When Eckhart Tolle agreed to be interviewed on September 11, 2001, he could not foresee the historic nature of this date or the suffering that would follow. As the day's events unfolded, in real time, he responded with a calm and clear voice, helping to make sense out of the fear and chaos that will forever define this date. *Even the Sun Will Die* documents this historic meeting with Eckhart Tolle and the comforting wisdom he revealed that day. We live in a time, he says, when we define ourselves through our enemies; and science and technology are in the service of human madness. Yet even in the face of disaster, a miracle happens when we say “yes” to living in this moment and no other. This “great opening,” he teaches, can serve as nothing less than the beginning of a revolution in human consciousness with the potential to transform our world. Also for the first time on audio, Tolle comments on what he sees as the next step in human evolution. Look for this title in our Eckhart Tolle section. Available in July.

## Attitudes of Gratitude in Love

Creating Joy in Your Relationship

M.J. Ryan

\$12.95



In her characteristically down-to-earth style, M.J. Ryan helps readers find greater happiness in their relationships—and recall why they fell in love in the first place—

through the practice of gratitude. The book is divided into two sections: the attitudes of gratitude that bring more joy, peace, and love into one's life, and the simple actions that can improve any relationship. Chapters include “Look at the Lessons Love Is Teaching You,” “Don't Take for Granted What You've Got,” and “Practicing Gratitude Is Not About Being a Doormat.” Look for this title in our Inspiration section. Available in August.

## Whole Foods Market®

Cookbook

Steve Petusevsky

\$25.95



In *Whole Foods Market® Cookbook*, the emphasis is on quality food, vibrant flavors, and fresh ingredients—in essence, a return to a simpler,

purer cuisine, but with a decidedly exciting, modern bent. Here you'll find recipes for some of Whole Foods Market's most popular prepared dishes, appearing in print for the first time, in addition to other new favorites developed just for this book. In it, author Steve Petusevsky captures the passion for great-tasting natural foods as well as the straightforward, informative expertise and quality for which Whole Foods Market is known. You'll find answers to questions their shoppers ask the most, as well as hundreds of recipes for dishes

ranging from soups, salads, pastas, and grains to roll-ups, burgers, finger foods, and one-pot meals. Look for this title in our Healthy Cookbooks section. Currently available.

### Four Wings and a Prayer

Caught in the Mystery of the Monarch Butterfly

Sue Halpern \$12.00



In her luminous new book, renowned nature writer Sue Halpern tracks the amazing migration of the monarch butterfly, and introduces us to the scientists and amateurs who seek to address one of the abiding mysteries of nature.

Millions of monarchs migrate up to 2000 miles every autumn—monarchs born east of the Rockies funnel into one tiny area of Mexico; those born to the west end up on the California coast. But how do they know when and where to travel? How do they navigate? Into the framework of one migratory cycle, Sue Halpern threads a tale of adventure and a glimpse into the frustrations, feuds, and fun of scientific inquiry. Look for this title in our Ecology section. Available in July.

### Dzogchen Primer

Compiled and edited by Marcia Binder Schmidt \$17.95



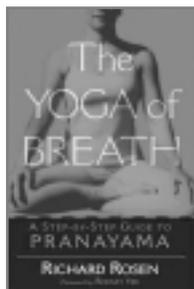
The Tibetan Buddhist meditation practice known as *Dzogchen* is a practical method for accessing the pristine, clear awareness that lies beneath the chatter and confusion of our daily thoughts. *The Dzogchen Primer*

provides the keys for understanding Dzogchen and putting it into practice. Marcia Schmidt, a long-time Buddhist practitioner, has gathered here the most accessible, down-to-earth writings published on this subject and has organized them into a study guide for the serious beginner on the Buddhist path. The collection includes writings from such well-known and venerable masters as Milarepa, Padmasambhava, Shantideva,

Chögyam Trungpa, and Tulku Urgyen. Look for this title in our Buddhism section. Available in July.

### The Yoga of Breath

Richard Rosen \$14.95



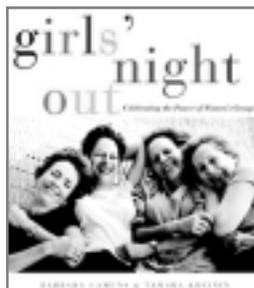
For several thousand years, yogis have drawn on the powerful practice of *pranayama*, a technique of controlling the breath to maximize *prana* or life energy. During its long history,

*pranayama* has been practiced to rejuvenate the body, as a means of self-study and self-transformation—even as a way of achieving immortality. While most yoga practitioners today focus on *asanas*, or body postures, a growing number of people are learning the complementary practice of *pranayama* to deepen and enrich their practice. *The Yoga of Breath* is a guide to learning the fundamentals of *pranayama* and incorporating them into an existing yoga practice. Rosen's approach is easy to follow with step-by-step descriptions of breath and body awareness exercises accompanied by clear illustrations. Look for this title in our Yoga section.

Available in August.

### Girls' Night Out

Tamara Kreinin and Barbara Camens \$25.00



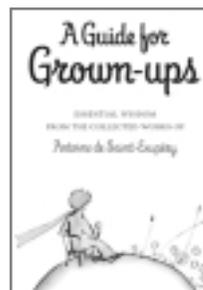
*Girls' Night Out* spotlights a vibrant, important phenomenon in women's lives: women's groups who meet regularly to connect and support one

another. From an adventurous group of African American motorcycle babes, to a group of 20-something career women who meet to play mahjong, to a mother-daughter book group, *Girls' Night Out* profiles 15 spectacularly diverse women's groups all across America, capturing the essence of each group. Beautiful black-and-white photographs of the groups are complemented by inspiring stories about why they formed, how they have evolved, and how devo-

tion to the group has kept them loyal and intimate for years. Look for this title in our Women's Issues section. Available in August.

### A Guide for Grown-ups

Essential Wisdom from the Collected Works of Antoine de Saint-Exupéry \$9.95

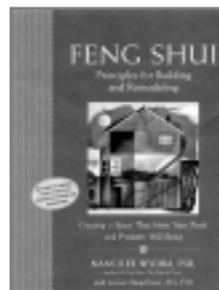


Antoine de Saint-Exupéry's *The Little Prince* has delighted readers for more than fifty years with its winsome charm and deceptively simple wisdom. Now, for the first time, quotations from

Saint-Exupéry's collected works are presented in an elegant gift edition. This collection features Saint-Exupéry's inspiration and thought-provoking words on the source of happiness, the nature of friendship, and the strength of love. A perfect gift for graduates—or for anyone enchanted by the sage advice and comforting philosophy of the "winged poet." Look for this title in our Inspiration section. Currently available.

### Feng Shui Principles for Building and Remodeling

Nancilee Wydra, FSII and Lenore Weiss Baigelman, AIA, FSII \$19.95



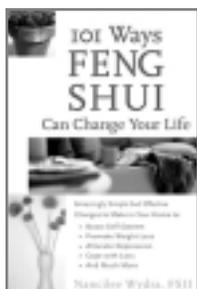
For years now, many Westerners have adopted feng shui elements into their already existing homes and apartments. They have been using this ancient Eastern art to pro-

motivate well-being and harmony in their lives. Now internationally known feng shui specialist Nancilee Wydra, along with fellow feng shui practitioner and noted architect Lenore Weiss Baigelman, offers blueprints to readers who are planning to build or remodel a home or office space and shows how they can incorporate feng shui in their plans before hammering the first nail. The authors explain why certain strategies are beneficial and show readers how feng shui can improve their lives as well

as their living quarters. Readers will find more than 100 blueprints included in the book to be inspirational in their search for balance and happiness in their lives. Look for this title in our Feng Shui section. Available in September.

## 101 Ways Feng Shui Can Change Your Life

Nancilee Wydra, FSII



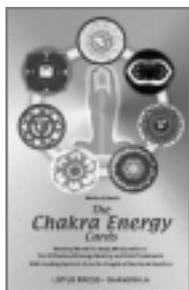
Feng shui is the science of altering the environment to improve its effect on a person. Unique among books on this subject, *101 Ways Feng Shui Can Change Your Life* focuses on curing

emotional issues rather than architectural ones. It shows readers how to quickly apply the principles of feng shui to their homes and lives. Feng shui master Nancilee Wydra provides practical suggestions for common personal concerns, including augmenting self-confidence, managing weight, reducing stress and sustaining balance, enhancing sex and romance, fighting depression and improving sleep, overcoming loss and bereavement, and increasing creativity. Wydra shows readers how to breathe new life into the home and heart with feng shui. Look for this title in our Feng Shui section. Available in June.

## The Chakra Energy Cards

Walter Lübeck

\$24.95



*The Chakra Energy Cards* contain healing words for the body, mind and soul. Each card also has a special healing symbol, which conveys its message directly to the user. The cards spark gentle processes of healing

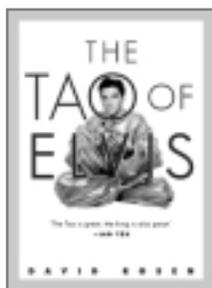
and inspire us in a loving way. In the accompanying handbook by Walter Lübeck, the affirmations of each Chakra Energy Card are supplemented by helpful suggestions for actions that offer support in resolving and releasing blocked energies. In addition, the effect of each Chakra Energy Card can be optimally complemented with the special use of the healing gemstones, fragrance

essences, and Bach Flowers it recommends. The *Chakra Energy Cards* are a complete method by themselves, yet can also be integrated into almost any other spiritual system, especially Reiki systems. The card set contains seven healing affirmations and power symbols for the various areas in the subtle energy centers of the major and secondary chakras, as well as the auric fields. Look for this title in our Chakra section. Currently available.

## The Tao of Elvis

David Rosen

\$12.00



Elvis Presley was an intensely spiritual man. Gospel was his music of choice, and his life—from innocence to addiction, from obscurity to fame, from “Hound Dog” to “Love Me Tender”—

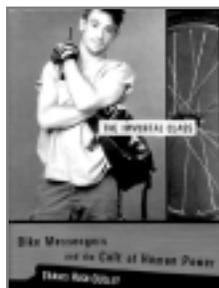
was one long quest to balance opposites. *The Tao of Elvis* is the first attempt to illustrate Elvis's Taoist nature and interpret his never-ending search for purpose and meaning. Highlighting Elvis's journey from light into dark, Jungian expert and Elvis scholar David Rosen explores and examines his life through the structure of the Tao Te Ching. In reflections on forty-two Taoist concepts—one for each year of Elvis's life—Rosen reveals how the Tao, a mysterious force, was and is operating through America's king. Like the Tao, Elvis is everywhere. Look for this title in our Taoism section. Available in June.

## The Immortal Class

Bike Messengers and the Cult of Human Power

Travis Hugh Culley

\$10.95



Travis Hugh Culley went to Chicago to make his name in its burgeoning theater scene yet found in his day job a sense of community and fulfillment—and brotherhood of like-minded individualists—that he encountered nowhere else. In *The Immortal Class*, Culley takes us inside the heart

and soul of an American urban icon: the bicycle messenger. In describing his own history and that of his peers, he evokes a classic American maverick, deeply woven into the fabric of society yet always resolutely, exuberantly outside. Look for this title in our Inspiration section. Available in July.

## Isolde, Queen of the Western Isle

Rosalind Miles

\$22.95



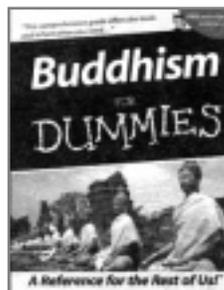
Isolde is a gifted healer and a princess destined to inherit the throne of Ireland from her tempestuous mother. Tristan is an intrepid knight, beholden to his uncle, the King of Cornwall, who is locked in a war

of conquest with the Irish queen. When the two fall in love, what unfurls is an epic of politics, faith, betrayal, and fate that will leave them both prey to evil but united by their perilous, abiding devotion. Rosalind Miles weaves a rich background of ancient Cornish, Irish, and Welsh history into this lavish retelling, infusing a well-loved legend with a fresh, imaginative twist. Fans of Marion Zimmer Bradley, Sharon Kay Penman, and Rosalind Miles' own Guenevere Trilogy will be captivated by this thrilling new chapter in the Arthurian saga. Look for this title in our Celtic/Arthurian/Grail section. Available in July.

## Buddhism for Dummies®

Jonathan Landaw

\$21.99



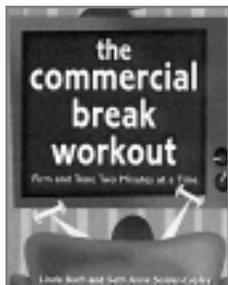
Buddhism now has 3 million followers in America—and is the nation's fastest growing religion. Written by a long-time Buddhist who has worked with the Dalai

Lama, this easy-to-understand guide illuminates Buddhism's history and schools (including Zen and Tibetan Buddhism), demystifies concepts such as nirvana, and explains how to get started with Buddhist meditation and other observances. Look for this title in

our Buddhism section. Available in August.

## The Commercial Break Workout

Linda Buch and Seth Anne Snider-Copley \$12.95

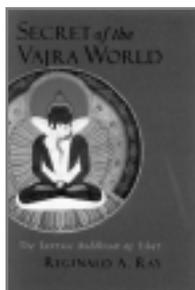


No more excuses! With this groundbreaking book, now people can actually get a workout and enhance their physical condition while watching TV. It's true. This light-

hearted book produces serious results and is the work of top-notch fitness gurus who offer a large dose of motivational fun and humor throughout and shows readers—no matter their fitness level—how workouts can be tackled anywhere, even from the comfort of their own couch! Spirited and spunky, inside are beginner, intermediate, and advanced exercises that cover everything from posture and balance to stretching and flexibility, working on the chest, back, and shoulders, as well as shaping up the arms, torso, butt, gut, legs, and heart—all during commercial breaks. Look for this title in our Fitness section. Available in August.

## Secret of the Vajra World

The Tantric Buddhism of Tibet  
Reginald A. Ray \$17.95

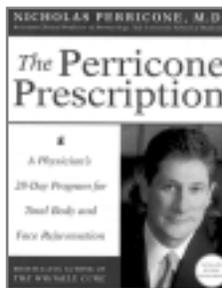


This book provides an entrée into the mysterious world of Tantric (or Vajrayana) Buddhism as practiced in Tibet and as conveyed by Tibetan masters teaching in the West. The Tantric tradition is a unique

collection of lesser-known texts, concepts, and meditation practices that are usually made available only to experienced and specially initiated practitioners. In an accessible and engaging style, the author demonstrates how the practice of Tantra fosters an appreciation for ordinary life as the place where ultimate revelation occurs. Look for this title in our Tantra section. Available in paperback in July.

## The Perricone Prescription

A Physician's 28-Day Program for Total Body and Face Rejuvenation  
Nicholas Perricone, MD \$27.50



As we age, our skin loses radiance and develops fine lines, dark spots, large pores, and eventually, wrinkles. Here, Dr. Nicholas Perricone reveals that inflammation at

the cellular level, caused by poor nutrition, pollution, sunlight, irritating skin care treatments, and stress, is the single most powerful root of aging. In *The Perricone Prescription*, Dr. Perricone presents a seven-step, 28-day program, which can prevent and even reverse these problems, and can improve your body's overall health. By following a special diet, a moderate exercise program, applying anti-inflammatory topical creams, and taking nutritional supplements, lines and wrinkles will reduce dramatically creating a younger look within just three days. Dr. Perricone's program gives readers good health and beautiful skin—an unbeatable combination. Look for this title in our Health section. Available in August.

## Riding the Ox Home

John Daido Looi \$11.95

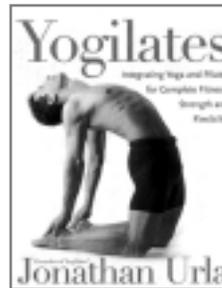


The ox-herding pictures are a collection of traditional Zen pictures, accompanied by verses, that depict the stages of one man's quest to find and tame an ox—a classic parable illustrating the steps

along the path to enlightenment. In *Riding the Ox Home*, John Daido Looi, the abbot of the Zen Mountain Monastery in upstate New York and one of America's best-loved Zen teachers offers a delightful commentary on the ox-herding pictures as a guide to the spiritual life, demonstrating through very practical examples how they can serve as a compass for living one's entire life, making every aspect of it a spiritual practice. Look for this title in our Zen section. Available in August.

## Yogilates®

Integrating Yoga and Pilates for Complete Fitness, Strength, and Flexibility  
Jonathan Urla \$26.95

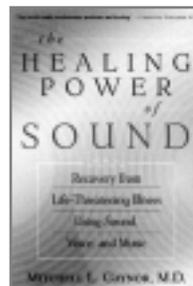


Every day more and more people who are burned out from their exercise programs are turning to yoga and Pilates. Traditional yoga focuses on breathing, flexibility, and

quieting the mind, while Pilates mat-based exercises concentrate on strength and power from the center. Yoga lacks the power of Pilates, while Pilates does not have the spiritual and calming effects of yoga. Dancer, fitness instructor, and personal trainer Jonathan Urla has developed and trademarked a program that combines the best of both regimes—Yogilates®. Urla, featured in the *New York Times*, *Elle*, *Vogue*, and other magazines and newspapers, is one of the most sought after and respected personal trainers in the country. Fully illustrated, *Yogilates®* is perfect for anyone looking to improve their health and well-being with today's most effective mind/body exercise program. Look for this title in our Yoga section. Available in September.

## The Healing Power of Sound

Mitchell L. Gaynor, MD \$14.95



Since 1991, Dr. Mitchell Gaynor, a leading oncologist, has been achieving remarkable results by integrating music, vocalization, breathing, and meditation techniques in his work with patients.

Numerous studies have demonstrated the health benefits of music. In *The Healing Power of Sound* (previously published under the title *Sounds of Healing*) Dr. Gaynor presents his sound-based techniques for self-healing—techniques that anyone can use, whether faced with a life-threatening disease or simply seeking relief from the stresses of daily life. Look for this title in our Healing section. Available in paperback in August.

**\*deepdance - with DJ Saa**

*Saturday, July 6, 8:30–10:30pm, opening circle 8:20pm \$10 at door (kids under 10 free with parent)*

**For information please call Steve at 312.421.6557.**

Create your own dance in a safe and sacred space. Two hours of dancing to an eclectic mix of the best dance music on earth. No partners necessary. All ages welcome.

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**\*Damara Diamond - Beginners Intensive Feng Shui**

*Saturday, July 6, 9am–5pm Price: \$127 (includes class materials) Limited space*

**For information and tickets please call 773.523.4172.**

Learn authentic classical feng shui including eight mansions and flying star techniques. Learn to live in harmony with your environment and improve your health, wealth or harmony.

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**Sheri Rosenthal - Medicine Bag Workshop**

*Saturday & Sunday, July 13 & 14, 9am–4:30pm Bookclub members \$165, Non-members \$175*

Sheri Rosenthal, who teaches with bestselling author don Miguel Ruiz (*The Four Agreements*) around the country, will lead a workshop in which participants will learn how to connect with their emotional bodies and break the original agreements made during their domestication period.

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**\*Karyn Pettigrew - Your Heart's Desire Discussion Group**

*Thursdays, July 18–September 12, 7–9pm (No class August 22) Price: \$275*

**For more information and tickets please call Karyn at 773.233.9214.**

Join us as we review the principles for creating the life you really want, as outlined by Sonia Choquette in her book, *Your Heart's Desire*. Each week, Karyn Pettigrew will lead the group into the world of creative manifestation through thoughtful conversation and experiential exercises. We will cover a chapter per week.

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**\*Damara Diamond - Beginners Intensive Feng Shui**

*Thursdays, July 18–August 1, 6–9:30pm Price: \$127 (includes class materials) Limited space*

**For information and tickets please call 773.523.4172.**

Learn authentic classical feng shui including eight mansions and flying star techniques. Learn to live in harmony with your environment and improve your health, wealth or harmony.

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**author Dr. Connie Kaplan - Dreams Are Letters From The Soul**

*Saturday, July 20, 10am–4:30pm Bookclub members \$75, Non-members \$85*

Discover an ancient prayer form called dream circle which will help you crack the code of your dreams and decipher their messages. Connie Kaplan will radically change the way you view your dreams and open your mind to dimensions you haven't even dreamed of—at least, not yet. Connie is the author of *Dreams Are Letters from the Soul*.

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**author Janet Angel, PhD - The Art of Ascension Workshop**

*Saturday, July 27, 9:30am–4:30pm Bookclub members \$75, Non-members \$85*

Learn to set to motion the unveiling necessary to awaken the soul's core passion and potential. Everyone is in the midst of the process. It matters not where you are on the stairway, each step is necessary. Experience some divine gifts such as clairaudience, remote viewing, telekinesis, ESP, and clairvoyance with greater results. Dr. Janet Angel, PhD is a uniquely gifted spiritual leader and author of a new series of books entitled *All That You Are*.

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**\*Damara Diamond - Beginners Intensive Feng Shui**

*Saturday, August 10, 9am–5pm Price: \$127 (includes class materials) Limited space*

**For information and tickets please call 773.523.4172.**

Learn authentic classical feng shui including eight mansions and flying star techniques. Learn to live in harmony with your environment and improve your health, wealth or harmony.

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**\*deepdance - with DJ Saa**

*Saturday, August 10, 8:30–10:30pm, opening circle 8:20pm \$10 at door (kids under 10 free with parent)*

**For information please call Steve at 312.421.6557.**

Create your own dance in a safe and sacred space. Two hours of dancing to an eclectic mix of the best dance music on earth. No partners necessary. All ages welcome.

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**bestselling author Doreen Virtue, PhD - Messages from Your Angels**

*Sunday, August 18, 7–9:30pm Bookclub members \$35, Non-members \$45*

**Special Location: Transitions Bookplace**

Join us with Doreen Virtue, the bestselling author of *Messages from Your Angels*, for a powerful, healing, and enlightening evening as she discusses the new information she has received from the Spirit world. The topics include: the changing world, Indigo Children, causes of illness and unhappiness and how to heal them, relationships, extraterrestrials and dolphins, self-employment, and more. Doreen is a clairvoyant doctor of psychology, who helps people to connect with their guardian angels and deceased loved ones. She has appeared on *Oprah*, *CNN*, *Good Morning America*, and *The View*.

...calendar continued from previous page

**author Gregory Ashid Possman (channeled and guided by ArchAngel Michael) -  
Manifestation Acceleration Technique Workshop**

**Saturday, August 31, 10am–6pm Bookclub members \$140, Non-members \$150  
(Register for this workshop plus “A Day with the Masters” and get 10% off.)**

Learn how you can change and improve your life with a new form of manifestation that has been brought forward by the ArchAngel Michael. This technique utilizes the Toroid, Sacred Geometry, Soul Rotation and Breathing to help you identify your purpose, realize your soul's magnificence and clear unconscious projections. The Manifestation Acceleration Technique will be taught by Gregory and ArchAngel Michael. Please bring a pencil or pen, paper, and a pillow and blanket or pad to lie upon. Gregory is the author of *Future Vision: A Spiritual Guide to the New Millennium*.

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**author Gregory Ashid Possman - A Day with the Masters**

**Sunday, September 1, 10am–5pm Bookclub members \$140, Non-members \$150**

**(Register for this workshop plus “Manifestation Acceleration Technique Workshop” and get 10% off.)**

Join Gregory as he channels ArchAngel Michael, Lord Sananda (the Christ), Quan Yin and Master Ling, The Master Teacher Spirit, and The Council of Shambhala for a day of initiations, teachings and healing. As a participant in this workshop, you will experience the Sacred Presence of the Masters. Please wear white clothing if you have it. Please bring any crystals you wish charged and pillows to sit upon. Gregory is the author of *Future Vision: A Spiritual Guide to the New Millennium*.

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**\*Beverly Lutz - Body Talk Module 1 & 2**

**Friday–Tuesday, September 13–17 (Friday 6–10pm, Saturday–Tuesday 8am–5pm) Price: \$450 per module**

**For tickets and information please call Ben at 773.755.5348.**

What do you get when you combine advanced yoga, acupuncture, applied kinesiology, and Western medical expertise? Body Talk! A systems approach to holistic healing. Join us for an exploration of this system.

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**Steve Nakon - Yoga for Common Ailments**

**Saturday, September 21, 10am–4pm Bookclub members \$50, Non-members \$60**

In this workshop we will look at chronic conditions such as weight loss, insomnia, fatigue, headaches and low back pain using a series of postures and breath to alleviate the cause of dis-ease in the body. All levels welcome. No previous yoga experience required. Please bring a yoga mat or towel.

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**astrologers Barbara Schermer and Lynn Staudacher - Astrology: The Language of the Soul**

**Sunday, September 22, 10am–4pm Bookclub members \$70, Non-members \$80**

Astrology is an elegant language that speaks of your soul's relationship to the cosmos. Your astrological chart is a “map of the soul” that depicts the qualities of who you are and how you relate to life. This class introduces you to genuine astrology, not the superficial pop astrology depicted in the daily horoscopes. You'll learn about the meaning of the ten planets and twelve signs in your own chart, do a planet walk (walking around the zodiac to each of your ten planets) and work with evocative images. Barbara is the author of *Astrology Alive*. Supply your birth date, time and place of birth one week prior to the class to Barbara at [barbara@astrologyalive.com](mailto:barbara@astrologyalive.com) or phone 773.248.7108.

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**author Sonia Choquette, PhD - Psychic U©: a 10-week Psychic Mystery School**

**Mondays, September 23–November 25, 7:30–9:30pm Bookclub members \$575, Non-members \$600**

For the first time ever and by popular demand, Transitions Learning Center is proud to announce a 10- week in-depth course of study and training by Chicago's premier intuitive and spiritual teacher, Sonia Choquette, Ph.D. Sonia's fluency in spiritual law and psychic living is unsurpassed and no one in her field better teaches how to expand into higher awareness in such an elegant, creative and graceful fashion. Sonia is the author of *The Psychic Pathway, Your Heart's Desire, The Wise Child, and True Balance*.

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**author Carol Gurney - Telepathic Animal Communication**

**Saturday & Sunday, October 5 & 6, 10am–5pm**

**60 days in advance: Bookclub members \$265, Non-members \$275**

**Thereafter: Bookclub members \$290, Non-members \$300**

Join us for a weekend workshop with author Carol Gurney and discover the 7-Step HeartTalk Program<sup>sm</sup> designed to teach anyone to communicate with animals. The program cultivates our natural empathy and the intuitive powers we use unconsciously every day. In this experiential workshop, Carol will lead the group in practicing the different techniques available and work with at least three animals of the participants, asking specific questions that can be validated. Gurney is the author of *The Language of Animals: Seven Steps to Communicating with Animals*.

Note: If you are considering bringing your pet to the workshop, please call Transitions Bookplace.

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**author Gail Minogue - The Myth of Authority: The Deeper Meaning and Hidden Effects of 9/11, Enron, the Catholic Church Scandal and Other Personal and Public Events**

**Saturday, October 12, 10am–4pm, second floor Bookclub members \$69, Non-members \$79**

Gail Minogue will discuss the Numerological Blueprints of the players in recent world events and provide fascinating information on why terrorism is not the real issue. Gail will show you what are the implications for the world and why this is all coming together at this time. Gail is the author of *Divine Design: How You Created the Life You Are Living*.

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**bestselling author Julia Cameron - Walking In This World**

*Thursday, October 17, 7–9:30pm, Bookclub members \$27, Non-members \$30*

*Price includes a copy of Walking In This World given at the door*

Eager fans who have experienced the rich benefits of *The Artist's Way* can now sink their teeth into Julia Cameron's newest offering, *Walking In This World: The Practical Art of Creativity*. Join us with Cameron as she introduces her exciting new book which picks up where *The Artist's Way* ended. You will learn about a second 12-week course—Part Two in an amazing journey toward discovering your human potential. Cameron is the bestselling author of *The Artist's Way*, *Vein of Gold* and *The Right To Write*

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**bestselling author Julia Cameron - The Artist's Way**

*Saturday, October 19, 9:30am–4:30pm Bookclub members \$100, Non-members \$120*

Join us with Julia Cameron, celebrated author of *The Artist's Way*, for an experiential workshop in which you will learn how to process and transform life through acts of creativity. *The Artist's Way* is the seminal book on the subject of creativity. An international best-seller, it's an invaluable guide to living the artist's life. *The Artist's Way* is a powerfully provocative and inspiring work. Here is an opportunity to spend a day with the author learning how to tap into your own creativity.

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**bestselling author (Practical Intuition) Laura Day - The Circle Workshop**

*Saturday, November 2, 10am–4:30pm Bookclub members \$75, Non-members \$85*

Enter The Circle. You have innate abilities, already developed, that allow you to understand yourself, others and your environment. These abilities can help you act in ways that create joy, success and healing. In this interactive workshop, Laura Day will guide you through the nine elements of The Circle, demonstrating that you have these healing gifts, and you can use them to manifest one single wish in your life. Day will teach you how to do professional quality intuitive healings and readings, even if you've never done one before. The bestselling author of *Practical Intuition*, *Practical Intuition for Success*, *Practical Intuition in Love*, *The Circle*, and the CD *The Healing Circle*, Laura Day has a clientele that includes celebrities, business executives, scientists, and professionals in many fields.

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**The Wayne Dyer and Caroline Myss Seminar**

*Saturday, November 23, 9am–5pm at the Donald E. Stephens Conference Center*

*Through September 15: Bookclub members \$125 Non-members \$140*

*After September 15: Bookclub members \$140, Non-members \$155*

CEU's for this event will be offered. Please call Transitions Bookplace for more details.

Bestselling authors Dr. Wayne W. Dyer (*Wisdom of the Ages* and *There's A Spiritual Solution to Every Problem*) and Dr. Caroline Myss (*Anatomy of the Spirit*, *Why People Don't Heal and How They Can* and *Sacred Contracts*) have played key roles in the movement of people interested in awakening human potential. These two innovative leaders have helped tens of thousands of people access their innate abilities by teaching how we create our own realities, for better or worse, and how to consciously direct human energy toward achieving goals. On Saturday, November 23, Dyer and Myss will collaborate for the first time ever—bringing to us their knowledge and experience of the amazing interconnection between our minds, bodies and realities.

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**\*Please note:** All workshops marked with "\*" are sponsored by the speaker (not Transitions). Please call the number indicated for all ticket sales, refund information, and general questions.

**Transitions Learning Center Ticket Refund Policy**

*Unless indicated otherwise*, refunds will be issued, less a 15% processing fee until 10 days before an event. After that, refunds will be processed less a 50% processing fee. No refunds can be issued on the day of the event or thereafter. If an event is cancelled due to low enrollment, or for any other reason, a full refund will be issued.

**LOCATION: Workshops are held at Transitions Learning Center, 1750 N. Kingsbury, Chicago**  
**TICKETS: Transitions Bookplace, 1000 W. North Ave, Chicago, 312.951.READ (unless indicated otherwise)**

## Transitions Bookplace Calendar of Events

July/August

- Dayalu (Ted Zeff, PhD)— *Searching for God, Part II*** **Fri, July 5**  
Author Dayalu (Ted Zeff, PhD) will share his story of transformation by Ammachi (Mata Amritanandamayi), perhaps the most important spiritual figure from India to come to the West in recent years.
- 
- Amy Dreyfus— “Inward Path Meditations”** **special time: 8:30AM** **Sat, July 6**  
Join us the first Saturday of every month and experience techniques that enable you to go within and recognize your distinct energy.
- 
- Yvonne Lucia Du Bose— “Ethereal”** **special time 10AM** **Sun, July 7**  
Join us for a peaceful, experiential discussion group designed for like minds to share with each other our quest for spiritual growth.
- 
- Christina Burns— “Mindfulness Meditation”** **special time: 7:30PM** **Tues, July 9**  
Discover how traditional meditation techniques provide the tools for transformation: increased focus, improved decision-making skills and clarified goals.
- 
- Gary Goldman— “A Planetary Vision: Empowering the Souls of Our Children”** **Wed, July 10**  
Join us with Gary Goldman, author of *Empowering Students to Transform Schools*, and learn about his dynamic approach, truly indicative of the spirit of the new millennium, designed to help ALL youth and ALL families.
- 
- Barbara Pate Glacel— *Hitting the Wall: Memoir of a Cancer Journey*** **Thurs, July 11**  
Discover a wise and comforting companion that will guide women through the uncertainty, fear and pain of breast cancer.
- 
- Joseph Yu— *The Complete Idiot’s Guide® to Feng Shui, second edition*** **Fri, July 12**  
Join us with author Joseph Yu and discover a user-friendly guide explaining the ancient Chinese art of feng shui. Yu peels away layers of superstition and myth permeating the modern practice.
- 
- Gayle Seminara Mandel— “Praying with Your Heart’s Intelligence”** **special time: 8:30AM** **Sat, July 13**  
Join us for a spiritual prayer group using principles from Gregg Braden’s *Isaiah Effect* and Howard Martin’s *The HeartMath Solution*.
- 
- Jan Goldstein— *Life Can Be This Good: Awakening to the Miracles All Around Us*** **Sat, July 13**  
Join us with author Jan Goldstein for an evening of spiritually uplifting tales about the joy we can expect when we are present, in the moment, and participating in the occasions that make life worth living.
- 
- Tina DeSalvo— “Socrates Café”** **special time: 10AM** **Sun, July 14**  
Join us for a monthly discussion group for people who are willing to question anything in an effort to become more virtuous, more enlightened, and more self-aware. You don’t have to have a background in philosophy, just questions with no answers.
- 
- Denise E. Williams, OTR/L, CHTP— *The Gift of Sound and Its Effects on State Regulation*** **Wed, July 17**  
Discover the benefits of music on the parasympathetic nervous system and how classical music and Spirituals can enhance various aspects of life, work, relationships, education and wellness.
- 
- Jan Yager, PhD— *When Friendship Hurts*** **Thurs, July 18**  
Author Yager (*Friendshifts®*) offers help and hope in understanding the complexities of friendships. She will teach you tools to detect and cope with friendships that are destructive or harmful.
- 
- Connie Kaplan— *Dreams Are Letters from the Soul*** **Fri, July 19**  
Discover a world beyond the personal interpretation of dreams and a dream community whose shared experience and language can guide you to an elevated spiritual awareness and existence.
- 
- Bill Epperly — “Centering Prayer”** **special time: 8:30AM** **Sat, July 20**  
Deepen your relationship with God (spirit) in this silent prayer meditation form called centering prayer, which has its roots in the Christian mystical tradition. This group meets the third Saturday of every month.
- 
- Lahaarija— “Future Vision Reading Group”** **special time: 12NOON** **Sat, July 20**  
Join us to discuss *Future Vision* by Gregory Ashid Possman. Learn how the information channeled from the Council of Shambhala, Archangel Michael, Ancient of Days, Quan Yin, Master Teacher Spirit and Ena, an extraterrestrial, prepares you for this millennium.
- 
- Hyla Cass, MD— *Natural Highs*** **Tues, July 23**  
Join us with psychiatrist and author Hyla Cass and discover a breakthrough program—based on nutrition supplements, herbs, and simple mind/body therapies—that will energize, relax, de-stress, and sharpen mental focus helping you feel good all the time.
- 
- Robert K. Dubiel— *The Practical Shaman: Bonding with the Earth in the New Age*** **Wed, July 24**  
Join us with author Dubiel, introducing his new book, and discover how we can live consciously in all aspects of our lives through dozens of techniques that show us how to cooperate with our environment and co-create reality with our thoughts.
- 
- Lauren Tratar— *September 11: A Case for the Higher Purpose*** **Thurs, July 25**  
Is it possible that the horrific events of September 11 were more than just random acts of violence perpetrated by fanatics? Author Tratar says yes. Join us for an evening of compelling evidence from ancient prophecies from civilizations around the world.
- 
- Gayle Seminara Mandel— “Praying with Your Heart’s Intelligence”** **special time: 8:30AM** **Sat, July 27**  
Join us for a spiritual prayer group using principles from Gregg Braden’s *Isaiah Effect* and Howard Martin’s *The HeartMath Solution*.
- 
- Yehuda Grundman— *The Power of Kabbalah*** **Tues, July 30**  
Imagine your life filled with unending joy, purpose and contentment. Imagine your days infused with pure insight and energy. This is the “Power of Kabbalah”. Join us for a compelling presentation on the recently released best seller *The Power of Kabbalah*.
- 
- Joseph Goldstein— *One Dharma: The Emerging Western Buddhism*** **Thurs, August 1**  
Join us with one of America’s most revered Buddhist teachers, and explore his visionary synthesis pointing a way for Buddhism to grow and flower while remaining rooted in the teachings of the great Asian schools—from India and Burma to Tibet and Japan.

- Patricia Monaghan— *Seasons of the Witch*** **Fri, August 2**  
 Patricia Monaghan's *Seasons of the Witch* has been republished in expanded form with an accompanying musical CD. Celebrate the reissuance of this award-winning book that traces the connections between the cycle of the seasons and the cycle of life.
- 
- Amy Dreyfus— *"Inward Path Meditations"*** **special time: 8:30AM** **Sat, August 3**  
 Join us the first Saturday of every month and experience techniques that enable you to go within and recognize your distinct energy.
- 
- Yvonne Lucia Du Bose— *"Ethereal"*** **special time 10AM** **Sun, August 4**  
 Join us for a peaceful, experiential discussion group designed for like minds to share with each other our quest for spiritual growth.
- 
- Bruce D. Schneider— *Relax, You're Already Perfect*** **Wed, August 7**  
 Author Schneider will discuss ways to remove illusory limitations and reunite with the perfection of the Universal Energy within, leading to ultimate freedom and happiness.
- 
- Gayle Seminara Mandel— *"Praying with Your Heart's Intelligence"*** **special time: 8:30AM** **Sat, August 10**  
 Join us for a spiritual prayer group using principles from Gregg Braden's Isaiah Effect and Howard Martin's The HeartMath Solution. *(Gayle will not attend this session, but will have a substitute to lead the group.)*
- 
- Tina DeSalvo— *"Socrates Café"*** **special time: 10AM** **Sun, August 11**  
 Join us for a monthly discussion group for people who are willing to question anything in an effort to become more virtuous, more enlightened, and more self-aware. You don't have to have a background in philosophy, just questions with no answers.
- 
- Robert A. Henry, MD, FACPE— *P-BAR: Your Thoughts Determine Your Future!*** **Wed, August 14**  
 Learn how to escape from the ancestral traps of early life programming and freely explore life's limitless possibilities.
- 
- Drepung Gomang Monastery— *An Evening of Chant*** **special time: 7:30pm** **Fri, August 16**  
 Join us for a unique cultural and sacred performance with the Tibetan monks from Drepung Gomang Monastery. As part of a national tour of North America the monks will offer prayers of peace and compassion. Suggested donation: \$10
- 
- Bill Epperly — *"Centering Prayer"*** **special time: 8:30AM** **Sat, August 17**  
 Deepen your relationship with God (spirit) in this silent prayer meditation form called centering prayer, which has its roots in the Christian mystical tradition. This group meets the third Saturday of every month.
- 
- Doreen Virtue, PhD - *Messages from Your Angels*** **special ticketed event, 7-9:30PM** **Sun, August 18**  
 Join bestselling author Doreen Virtue (*Messages from Your Angels*) for a powerful, healing, and enlightening evening as she discusses the new information she has received from the Spirit world. **Bookclub members \$35, Non-members \$45**  
*Transitions will be closed to the public for this event.*
- 
- Transitions Summer Sidewalk Sale!** **Sat, August 17, 9am-5pm**  
 Get great discounts on selected items: hardcovers \$4, paperbacks \$2, cassettes \$2, CDs \$4.
- 
- Sonia Choquette, PhD— *Your Psychic Pathway to Joy and New Beginnings*** **Thurs, August 22**  
 Sonia's latest offering is a pair of beautiful gift books, *Your Psychic Pathway to Joy* and *Your Psychic Pathway to New Beginnings*. Join us with her for an evening of inspirational passages enabling you to find exhilaration and contentment in each new phase of life.
- 
- Gayle Seminara Mandel— *"Praying with Your Heart's Intelligence"*** **special time: 8:30AM** **Sat, August 24**  
 Join us for a spiritual prayer group using principles from Gregg Braden's Isaiah Effect and Howard Martin's The HeartMath Solution.
- 
- Gregory Ashid Possman— *Future Vision: A Spiritual Guide to the New Millennium*** **Fri, August 30**  
 Explore the channeled work from the Council of Shambhala, ArchAngel Michael, Ancient of Days, Quan Yin, Master Teacher Spirit and Ena, an extraterrestrial. Discover practical information the light beings offer in preparation for this millennium.

**PLEASE NOTE: Events begin at 7:00 pm unless indicated otherwise.** Also, we are constantly scheduling new events, so pick up a new schedule when you are in the store.

Transitions Bookplace is having a

# Summer Sidewalk Sale



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*Saturday, August 17, 9am-5pm*



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## Transitions Learning Center Registration Information

To register for Transitions Learning Center programs:

- 1) Fill out the registration form provided.
- 2) Attach check, money order or fill in the credit card information for the full amount of the course. Payments must be in US funds.
- 3) If registering in person, all transactions will be handled at Transitions Bookplace.
- 4) Mail or fax registration form to:

**Transitions Bookplace, Inc.**

**Attn: Transitions Learning Center**

**1000 W. North Avenue, Chicago, IL 60622**

**Fax (312) 951-5595 Tele (312) 951-7323**

- 5) You may also register through our website at:  
<http://www.transitionsbookplace.com>

If you mail or fax your registration form, or if you register through our website, your receipt will be held at Transitions Learning Center and will be given to you at the time of the scheduled workshop. If you have your receipt please bring it with you to the workshop for verification purposes.

**Occasionally authors have a minimum number of attendees required to conduct a workshop. When minimums are not met, authors may cancel workshops. Therefore, please register as early as possible. All seating at workshops is on a first come, first serve basis.**

### Refund policy

Unless indicated otherwise, full refunds will be issued, less a 15% processing fee, up to 10 days prior to the workshop. After that, refunds will be issued less a 50% processing fee. No refunds will be issued the day of the event or thereafter. Refunds will be issued by check or applied to your credit card account. Some workshops have a non-refund policy. Please ask if you are unsure about the policy for a particular workshop.

### Workshop Cancellation Policy

Neither Transitions Learning Center nor Transitions Bookplace, Inc. can be held responsible for last minute author cancellations or acts of God, and a full refund will be issued.

### Location

All workshops take place at Transitions Learning Center, 1750 N. Kingsbury, Chicago. TLC is located one block north of North Avenue on Kingsbury, which is one block west of Sheffield in Lincoln Park. We are 2 miles west of Lake Shore Drive and 1 mile east of I-90.

**Our programs are educational** and experiential and not intended as physical or psychological therapy. Please be sure that your voluntary participation is within your physical capabilities. Transitions Learning Center does not want you to hurt yourself. Please only do what you are comfortable doing.

Programs presented at Transitions Learning Center are produced by persons who have no affiliation with Transitions Learning Center or Transitions Bookplace, Inc. Methods and ideas espoused therein are not necessarily endorsed by Transitions Learning Center. Neither Transitions Learning Center nor Transitions Bookplace may be held liable for any injuries or damages that might arise.

Cameras and audio/video recording of any variety are prohibited without the explicit written permission of Transitions Learning Center.

# Registration Form

## Transitions Learning Center

Please complete all information so your registration is not delayed. Use a separate registration form for each workshop.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Workshop title \_\_\_\_\_

Date of workshop \_\_\_\_\_

Cost of workshop \_\_\_\_\_

Method of payment

Cash    Check    Money Order

driver's license # if paying by check \_\_\_\_\_

Visa/MC    American Express

Discover    Diner's

Credit card number \_\_\_\_\_

Expiration date \_\_\_\_\_

Signature \_\_\_\_\_

**Would you like to join the Transitions Bookclub? (add \$25)**

Yes    No

Birth month and day \_\_\_\_\_

Please be sure that your voluntary participation in programs is within your physical capabilities. Transitions Learning Center does not want you to hurt yourself. Please only do what you are comfortable in doing!