



— **An Experiential Workshop** —

Friday, May 29

***Peace Begins with Me:  
An exploration  
into mindfulness***

**Dr. Mark Sherman, MDCM, CCFP**

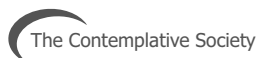
A workshop at the University of Victoria;  
on-site registration at David Lam Auditorium  
**May 29, 1:30-4:30pm, \$75+GST**  
Register online at [www.spiritheals.ca](http://www.spiritheals.ca)  
or call 250.472.4747.

Dr. Mark Sherman MDCM, CCFP is an Integrative Family Physician working in Victoria who uses modalities such as herbal medicine, cognitive behavioral therapy and meditation in his clinical practice. He is also a popular yoga and meditation instructor.

Peace seems to be elusive to so many of us these days. Everywhere we are bombarded with news of war, racism, poverty, and suffering. In our own lives we struggle to find balance with busying schedules, overcommitted responsibilities, and stressful work and personal lives. The healing journey necessary to bring balance into the world begins within each of us. It is a spiritual journey towards peace that reveals our own Truth.

*This event is part of an exciting line-up of experiential workshops being held in conjunction with the SpiritHeals Conference.*

Co-hosts:



Education Partner:



**SpiritHeals**  
INTEGRATIVE MEDICINE CONFERENCE



Joan  
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**An exploration of spirituality  
in health and healing**

May 29-31, 2009  
Victoria, BC Canada

[www.spiritheals.ca](http://www.spiritheals.ca)  
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