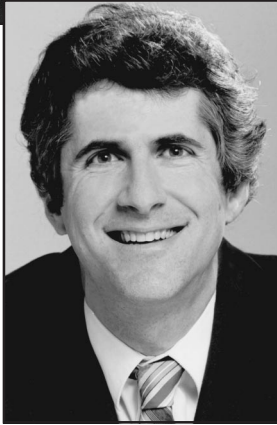


for all SLAC employees



David & Karen Gamow

# MARTIAL ARTS FOR THE MIND

*Stress Management Skills for Health and Performance*

Wednesday, Oct 18

8:30 am — noon

Redwood Conference Room, Building 48

To register: Erin Shatara, 926-2265, [erin@slac.stanford.edu](mailto:erin@slac.stanford.edu)

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training, also used at NASA, is at the cutting edge of stress reduction offering a step-by-step cognitive approach for getting at the root cause of stress, and a powerful blend of relaxation and meditation techniques. These methods have been clinically proven to reduce blood pressure, relax deep tensions within the body, and to aid the body in healing illness. You'll learn how to:

- Release stress with simple techniques that can be done in just a few moments.
- Understand and communicate more sensitively with difficult people, from co-workers to family members.
- Achieve significant relief from chronic pain and tension.
- Put aside fears and worries about things beyond your control. And solve the problems you *can* fix.
- Focus the mind where you want it to go, to achieve results more quickly and effectively.
- Gain increased mental clarity and peace of mind.

"Tremendous. This is the best stress management program we've ever offered in my 20 years at NASA."

—Miriam Glazer,  
Programs Manager, NASA

"I've had migraines since I was 8. Using these techniques, the migraines disappeared—without drugs for the first time in my life."

—K. F., manager, San Francisco

"David and Karen are superb facilitators of an inspiring and informative workshop that receives rave reviews throughout Yahoo!"

—Phil Quigley, Yahoo!  
Talent Development Manager

"After years of insomnia, I've been able to fall asleep immediately, and sleep all the way through the night again. Thank you!"

—Linda S., small business owner

"Our staff are under tremendous pressure from the heightened security needs we face since 9/11. Your program is a life-saver."

Mary Jo Snell, HR Training Manager  
Denver International Airport

David and Karen Gamow have personally trained over 13,000 employees for clients including NASA, Genencor, Hilton, Nokia, Altera, and the U.S. Army. Their work has been featured in the *San Jose Mercury News*, *Investor's Business Daily*, *Gannett News* and on FOX-TV. Participants with headaches or back pain report their pain gone or greatly diminished by the end of a single session. HR managers report increased productivity many months after training in extremely high-stress occupations, including mobilizing Army Reserve forces for combat.

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