

John Tamiazzo's Fall Workshops and Classes

RETURNING TO THE LAND OF OZ: 9 EXTRAORDINARY INSIGHTS FROM THE YELLOW BRICK ROAD

Sep.28, 5 Hrs, 9:00-2:00, Room 29 Osher Lifelong Learning Institute-Sedona

"**The Wizard of Oz**" is not just a children's classic fairy tale. It is one of the greatest stories of personal transformation ever written. Within the storyline and dialogue of the 1939 film and the 1900 book written by L. Frank Baum, are **9 Extraordinary insights** that will enrich and uplift your mind, body, and spirit. Join Dr. John as he takes you on a marvelous journey down **the Yellow Brick Road**.

John Tamiazzo, Ph.D, is the author of "Returning to the Land of Oz: Finding Hope, Love, & Courage on Your Yellow Brick Road." He is the former Executive Director of the Sedona Community Center and weekly guest columnist for the Sedona Red Rock News.

SELF-HYPNOSIS: USING THE MIND & IMAGINATION FOR GREATER HEALTH AND WELLNESS

Oct.10-Nov.14, 5 Weeks, 5:30-7:00, Room 39 Osher Lifelong Learning Institute-Sedona

Self-hypnosis has become a mainstream skill that can help you achieve goals, help you to relax, experience less stress, lose weight, improve sleep, and successfully address many health issues. It is a natural form of healing.

John Tamiazzo, Ph.D, is the author of "Returning to the Land of Oz: Finding Hope, Love, & Courage on Your Yellow Brick Road" and "Love & be Loved." He taught self-hypnosis & imagery for Santa Barbara City College Community Education for 20 years.

LOVE & BE LOVED: EIGHT STEPS TO CREATING INTIMACY AND FINDING THE LOVE YOU WANT

Oct.12, 5 Hrs, 9:00-2:00, Room 28 Osher Lifelong Learning Institute-Sedona

The most crucial of all human experiences is to be nurtured by the **love** of others and in turn to nurture others with the **love** deep within us. But many of us are held back from forming and sustaining truly **loving** relationships by fear, or unresolved past issues, beliefs, perceptions, because we take **love** for granted, or we just don't put in the effort. Whether you are single, married, in a primary relationship or just want to learn more about **love** and being **loved**, this class is for you!

*John Tamiazzo, Ph.D, taught this **love** class for Santa Barbara City College Adult Education for over 7 years to an estimated enrollment of 5,000 students. He is the author of "**Love & Be Loved: 8 Steps to Creating Intimacy & Finding the Love You Want.**"*

October 18-19 LOVE & INTIMACY INTENSIVE WORKSHOP www.johntamiazzo.com

Topics: Opening to **Love**, Creating Safety and Trust, Our First Teachers of **Love**, **Self-Love**, Checking Your Baggage, 4 Main Reasons Relationships Fail, Healing Wounds, Seven Pathways to **Love**, Imagery & Reframing Techniques, Trance Phenomena and the Chemistry of **Love**, 8 Steps to Creating Intimacy, Finding the **Love** You Want, 20 Questions About **Love** You Need to Answer, Living the Serenity Prayer

