



## **MUNDO METHOD HEADACHE RELIEF PROFESSIONAL TRAINING PROGRAM: PART I September 8-11, 2004      Berkeley, CA**

### **A hands-on course for bodywork, massage, and other healthcare professionals**

Chronic, disabling headaches and migraines affect fifty million people in the United States, two-thirds of whom are women. It's likely that some of them are your clients, patients, co-workers, family, or friends.

If you've ever felt helpless in the face of a migraine, there is an opportunity to take control.

In this unique four-day training with master headache healer, Jan Mundo, you will develop the skills and competencies to:

- Relieve headaches and migraines on-the-spot with the Mundo Method, a specialized hands-on headache therapy
- Work with and eliminate the pain and symptoms of tension, migraine, mixed, and sinus headaches
- Navigate your way through the ever-changing landscape of a headache-in-progress

### **Topics covered**

- Types of headaches and their symptoms
- Headaches and the mind-body connection
- Managing client mood in headache treatment
- Reading headaches in the language of sensation
- Assessing and working with different headache types
- Reducing bodily stress and tension that hold chronic pain in place
- Engaging clients in their treatment: breath, awareness, posture, and language
- Foundational practices for caregivers: embodying health and healing

### **Benefits**

- Works when even traditional treatments fail
- Completely natural with no harmful side effects
- Breaks the headache cycle, even after weeks or months
- Stops symptoms, such as nausea, mood, visual, smell, and hearing disturbances

# HEADACHE HEALING CENTER

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## Instructor

Jan Mundo has 35 years experience using her hands to stop headaches and migraines on the spot. In 1970, she developed the Mundo Method, a touch and concentration modality for relief of headache pain and symptoms. In 1992, she designed the mind-body Mundo Program for headache self-care relief and prevention.

Jan is certified as a Master Somatic Coach, Massage Therapist, and Body-Centered Therapist and teaches her programs at leading medical centers, universities, and corporations. She is founder and director of the Headache Healing Center in Berkeley, California and an Associate at Strozzi Institute. Jan is a published author and is writing a book on how to heal headaches with self-care practices.

For more information, please visit: <http://www.mundolifework.com>

## Dates and Times

Wednesday, September 8 - Saturday, September 11, 2004

Wed-Fri 9:00am - 5:30pm

Saturday 10:00am - 6:00pm

## Location

Program will be held in Berkeley, California

## Cost

\$850

\$800 if registered by August 13

Deposit of 50% of total will reserve your space

Balance due by August 28

## Cancellation Policy

Up to August 13, full refund, minus \$50 processing fee

After August 13, 50% refund of full tuition

After August 28, no refund

(50% of tuition paid will be considered for the next course)

## To Register

For more information about the course, or to register, please contact Jan to arrange a phone interview.

Phone 510.559.9308

Email [jmundo@headachehealing.com](mailto:jmundo@headachehealing.com)



## MUNDO METHOD HEADACHE RELIEF PROFESSIONAL TRAINING PROGRAM: PART II

### INTRODUCTION TO SELF-CARE

September 12, 2004 • 9am to 1pm • Berkeley, CA

### A hands-on course for bodywork, massage, and other healthcare professionals

Healers get headaches too! In this unique half-day training with Jan Mundo, learn how to relieve your own headache pain and symptoms with the Mundo Method hands-on therapy.

Although no one wants to experience headaches to understand them, practitioners who work on themselves will gain valuable insights into helping their clients with self-care.

This class is also open to practitioners without headaches who complete Part I, and are accepted into the certification program.

This is the second course in the certification program.  
Pre-requisite: Mundo Method Professional Training Program: Part I

### Topics covered

- Mundo Method self-care application
- Easing eye and sinus pain with your fingertips
- Positioning your body for comfort while working on yourself
- Meeting the challenges of using self-care during a headache

### Benefits

- Use your healing capacity to help yourself feel better
- Become more competent at working on others' headaches by being your own guinea pig: the better you know the territory, the better you can help your clients
- Gain compassion by understanding how to work with your own headache pain

# HEADACHE HEALING CENTER

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## Date and Time

Sunday, September 12, 2004  
9:00am - 1:00pm

## Location

Program will be held in Berkeley, California.

## Cost

\$100  
\$95 if registered by August 13  
Deposit of 50% of total will reserve your space  
Balance due by August 28

## Cancellation Policy

Up to August 13, full refund, minus \$25 processing fee  
After August 13, 50% refund of full tuition  
After August 28, no refund  
(50% of tuition paid will be considered for the next course)

## To Register

An interview is required for enrollment in the certification program. For more information about the program, or to register, please call or email Jan to arrange a phone interview.

Phone 510.559.9308

Email [jmundo@headachehealing.com](mailto:jmundo@headachehealing.com)

# HEADACHE HEALING CENTER

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## LODGING

Local hotels and bed & breakfasts offer a variety of settings. We have arranged for special rates at the following venues, subject to availability as noted:

**Woodfin Suite Hotel**                      **888-433-9042**

5800 Shellmound Street, Emeryville, CA 94608

Lovely, modern all-suites hotel. Complementary hot breakfast buffet, full-kitchen, high speed internet, gym, outdoor pool and spa. Near food, shops, freeway, 3 miles from workshop venue. \$134/night + tax/one-bedroom suite. For this rate, reserve by phone by August 27. Ask for Headache Healing Center rate. [www.woodfinsuitehotels.com](http://www.woodfinsuitehotels.com)

**Rose Garden Inn**                              **800-549-2145**

2740 Telegraph Avenue, Berkeley, CA 94705

Bed and breakfast, old-fashioned, small rooms, gardens, complementary hot breakfast buffet. 5 blocks from workshop, 1/2 mile from UC Berkeley campus. Ask for Mundo headache clinic rate: \$129/night + tax/queen, or queen with twin; \$119/two twins. Subject to availability. [www.rosegardeninn.com](http://www.rosegardeninn.com)

**Berkeley City Club**                              **510-848-7800**

2315 Durant Avenue, Berkeley, CA 94704

Historical 1930s building in downtown Berkeley, designed by famous architect, Julia Morgan. Has grand feel of a monastery, tall ceilings, arches. Continental breakfast, huge indoor swimming pool, outdoor patio garden. \$120-\$125/night. 1 block from bustling UC Berkeley campus. [www.berkeleycityclub.com](http://www.berkeleycityclub.com)

**Berkeley Bed & Breakfast Network**

The following B & Bs are currently available. In atmospheric, garden-filled north Berkeley residential area. These B & Bs don't have hotel sales tax and fill quickly.

**Berkeley Brick Path**                              **510-524-4277**

Marin Ave./Colusa, Berkeley, CA 94707, Wendy Sprague, proprietor

Charming, elegant, north Berkeley location with several accommodations. Currently available: The Fireplace Room in main house, separate entrance, patio garden. One block from Solano Avenue shops and "gourmet ghetto" restaurants. Mundo rate: \$139/night. [www.bbonline.com/ca/brickpath](http://www.bbonline.com/ca/brickpath)

**Garden Cottage**                                      **510-649-8938**

Virginia St., Berkeley, CA 94703, Morton and Yuko Cohn, Innkeepers

Peaceful zen cottage in garden setting with fountain, sculptures, walk to shops, and Shattuck Avenue "gourmet ghetto" restaurants. Continental breakfast included.

\$95 single, \$125 double occupancy/night. [www.bbonline.com/ca/gardencottage/](http://www.bbonline.com/ca/gardencottage/)

**North Berkeley Bed and Breakfast Cottage**      **510-898-1145**

Milvia St., between Cedar/Vine, Berkeley, CA, Reg and Pat Ungern, proprietors

Quiet two-bedroom suite, private entrance in lovely Berkeley brown shingle, nestled in award-winning garden. 3 rooms with private and shared baths, \$80-130. A separate cottage sleeps up to four. Wireless DSL. [www.bbonline.com/ca/northberkeley](http://www.bbonline.com/ca/northberkeley)

**Spruce Canyon**                                      **510-527-5269**

Near Spruce and Marin Streets, Berkeley, Ana Vertel, proprietor

Spacious, serene in Santa Fe/Zen style. Private garden-level space, 1 mile north of UCB Campus. Full kitchen and bath w/shower and Japanese soaking tub. Mundo rate: \$125 per night.

[www.bbonline.com/ca/sprucecanyon](http://www.bbonline.com/ca/sprucecanyon)