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Workshop Offers Participants a Way to Develop the Right Brain for Creative Expression

Sedona, AZ – December 2, 2008 – It has been said that the future belongs to the right brainers. In the past, those with the sharpest left brain abilities, such as mathematical and logical thinking, won the greatest prestige and the biggest salaries. But in the age of automation and outsourcing, it might just be the creative right brain folks that win in the end. On December 18, 2008, at 7 PM, Sedona residents will have the chance to delve into the fun, wonderful world of the right brain at the Sedona Public Library's presentation of The Right Brain Creativity Workshop featuring Brain Wave Vibration.

For years, neuroscientists have known that the right and left hemispheres of the brain focus on different aspects of human intelligence. The left brain is associated with sequential and analytical tasks, while the right brain is the source of imagination and creativity. Our educational system still primarily addresses the development of left brain skills, like reading and writing. But it is our right brain's creative ability that can really help stand apart from the pack in a competitive world and live our lives fullest.

So how do we educate the right brain? At the Right Brain Creativity Workshop on the December 18, participants will experience the amazing capacity of the right brain and will practice using its abilities. In addition to a wide variety of creative play activities, they will experience Brain Wave Vibration, a technique developed by Sedona resident Ilchi Lee. In essence, Brain Wave Vibration is a mind-body practice that calms the brain waves through repetitive, rhythmical movement. Through this remarkably versatile and effective practice, workshop participants will learn to quiet their left brain's critical self-talk, so that their full creative potential can shine through.

The workshop is free of charge and is open to adults. Call Mary Dunton at 928-204-1106 x200 or email her at mdunton@bestlifemedia.com to reserve your space. Wear comfortable clothes and be ready to have lots of right-brain fun.

The workshop will be conducted by Sedona resident Nicole Dean, Senior Editor at BEST Life Media, which published the book *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life*. Dean is also an eight-year practitioner and instructor of Ilchi Lee's Brain Education method, as well as professional writer and educator.

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