



Arnie Kozak, Ph.D.

Long before mindfulness was a buzzword, Arnie was practicing and teaching this revolutionary technology. Over the past thirty years, he has been integrating Buddhist psychology into his clinical psychology practice leveraging ancient wisdom for the challenges of contemporary life.

Arnie's gift is translating mindfulness into accessible language and images through metaphors, collected in his first book, *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness* and from personal stories that reveal the human side of living in the now. He brings an in-the-moment humor to his workshops that enlivens, connects, and promotes integration.

Arnie developed his life-long interest in meditation while a student at Tufts University. After graduating he traveled to India to deepen his studies of meditation and yoga. While there, he took the bodhisattva vows from His Holiness the Dalai Lama. Teaching mindfulness to many different people (patients, students, teachers, professionals, corporate employees, the community) is the way he fulfills this vow to work towards greater awareness for himself and others.

"The principles that I learned through Arnie's classes provided me with tools to help people find their own way to living in the present and not living in the "what if" world of stress." – MJ Gilmer, MSN, ARNP, BC

"Living in the present allows for more awareness and enjoyment of life. A side benefit, and a huge benefit at that, is being able to use these techniques to reduce daily anxiety and stress." – Donna Hamilton, SPHR, Director of Human Resources



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Arnie is a Licensed Psychologist—Doctorate, Clinical Assistant Professor of Psychiatry, University of Vermont College of Medicine, Lecturer in the College of Nursing and Health Science at the University of Vermont, and Founder of the Exquisite Mind Psychotherapy and Meditation Studio in Burlington, Vermont.

In addition to the Exquisite Mind Studio, Arnie teaches mindfulness in a wide range of settings, including the University of Vermont and the University of Vermont College of Medicine, the Barre Center for Buddhist Studies, and the Kripalu Center for Yoga and Health. His first book, *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness*, has been translated into Chinese and Spanish. He then wrote *The Everything Buddhism Book* (2nd Edition). He is currently working on his third book *Mindfulness A-Z: 108 Insights for Awakening Now* (forthcoming from Wisdom Publications in 2013).

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