



# Mastering Stress

*How to Create Cognitive, Emotional, and Physiological Ultrastbility*

Everyone experiences stress every day. Sometimes it is obvious and unpleasant. Often it is subtle and hidden. In this seminar, you will learn about stress from a very unique and experiential perspective, and will be able to `take home` a new skill. Cognitive Meditation Training (CMT) is a powerful tool developed by Dr Randy Knipping, a Cognitive Behavioural Psychotherapist with a special interest in stress reduction. Used by Dr Knipping to treat pilots, air traffic controllers, executives, professional pilots and some of Canada's elite Special Forces, this is a very powerful technique that will enable you to master not just manage stress.



**Dr. Randy Knipping**  
B.Sc., M.D., C.C.F.P.

Dr. Randy Knipping has been in practice for more than 25 years caring for professional pilots, air traffic controllers, executives and athletes ensuring that they achieve optimal human performance through preventive and integrative health care. He has completed specialized training in Age Management Medicine, an evidence based approach to the biology and genetics of ageing well. Age Management Medicine pays special attention to Nutrition, Fitness, Stress Reduction, Metabolic & Hormonal Optimization and now also Nobel Prize Winning Telomerase Preservation and Activation.

Dr. Knipping has more than 40 years of experience in meditation practice and instruction and with his special training in Cognitive Behavioural Therapy he has a special interest in Human Performance, Lifestyle Behaviour, working with his clients to master stress reduction and adopt daily and weekly lifestyle rituals with lasting results. He is sought out in the aviation and executive industries to work with individuals and groups under severe stress including those involved in aircraft accidents, post traumatic stress and traumatic military experiences. Applying these skills to the challenging and unpredictable world of business gives the executive a competitive psychological advantage while preserving health and mitigating health risks.

<b>Date:</b>	Wednesday, March 20 <sup>th</sup> , 2013
<b>Time:</b>	6:00 pm– 9:00pm
<b>Tuition:</b>	\$99.00 plus HST
<b>Registration:</b>	<a href="http://www.paceeducation.ca">www.paceeducation.ca</a> or 1.877.920.PACE (7223)
<b>Credits:</b>	3 CDE Credits
<b>Location:</b>	Prosthodontic Associates Centre of Excellence 2300 Yonge Street, #901 Toronto, Ontario M4P 1E4