

OPEN TO YOUR CREATIVE/SPIRITUAL SELF Through Meditation and Writing



Photo by Ann Ziegler

In a weekend non-residential retreat for women with

SANDY BOUCHER

*2006 United Nations Outstanding Woman in Buddhism
Award-winning author of 8 books and NEA fellow
More than 30 years teaching writing and meditation*

The solstice is a time to celebrate the fullness of life and the joy of midsummer. During this summer solstice weekend, we will connect with the spiritual fire within us, and explore deeply our own nature. This retreat is for women interested in meditation who want to enhance the practice of writing in our lives. The retreat will be held in a container of silence, helping to still our busy minds, bring peace and relaxation, and allow inspiration to surface. We will alternate meditation with writing periods, and share our writing in small groups. (No experience necessary; no requirement to share.) And we will celebrate with ritual dance. For more about Sandy, see www.sandyboucher.net

June 20-21, 2015: Saturday-Sunday, 9:30am-4:30pm

**Peace and Spirituality Center
1655-1663 Killarney Way, Bellevue, WA 98004**

Cost: \$125 plus dana

Contact Janet Pliske for more information and to register:
janet@seawell.net, 206-938-5204