

# 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*

*During this 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.*

**July 23-24, 2016: 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](mailto:janet@seawell.net), 206-938-5204**