

# THE INTUITIVE PATH

THE PRACTICE OF WRITING, MEDITATION AND INQUIRY

Writing, meditation and inquiry share a common thread. Listening. Commitment to listening is woven through each of these contemplative practices. Sitting with the intention of listening to our inner voice, to our bodies, to our heart, we will invite the opening to discovery, clarity and wisdom.

## THE PRACTICE

Spaciousness and concentration, relaxation and rigor, inspiration and release. The practice of writing, meditation and inquiry all require sitting with the unknown, balancing at the threshold of awareness. These practices ask us to attend. They ask us to learn to sit with the mystery, to bring our attention again and again back to the breath, back to the body, back to the word. Each of these practices hold a powerful potential for inspiration and for radical transformation.

This workshop is open to all women. We will have time to sit, to write, and to reflect and to share our stories and receive feedback, to listen to ourselves and to each other, in a supportive and non-judgmental environment. No previous experience is necessary. Come with nothing but your willingness to explore these complementary contemplative paths.



There is only one journey.  
Going inside yourself.

RAINER MARIA RILKE

Every life is a creative act.

**GABRYEL HARRISON** has a degree in Fine Arts and is a trained Art Therapist with a specialization in issues of loss and bereavement. She exhibits her paintings and poetry nationally and internationally. She is a practitioner of meditation, studying "Meditating with the Body" with teacher Reggie Ray.

## LOCATION

THE PATH YOGA CENTER  
2083 Alma St. Suite 240  
(corner of 4th Ave)  
Vancouver BC, V6G 1C5  
604-603-9370

## TIME

Tuesdays 730-930PM  
Nov 3 - Dec 8, 2009

## TO REGISTER

Contact GABRYEL  
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6 SESSIONS \$250.00