

Writing to Unfold

mindfulness on and off the mat



Writing to Unfold teaches us to slow down to fully inhabit the moment. We'll use our five senses as an enterway to mindfulness. Writing as a process awakens our voice, lets us live more mindfully and feeds our creative spirit. Nancy will share a simple writing practice that brings you into the moment.

Nancy's Books:

Unfolding: Slow Down, Drop In, Dare More "poignant and funny, beautifully written and will make you realize that life's beauty is constantly unfolding right before our eyes." Tiffany Schultz, review from Glancer Magazine.

Schmooze Your Muse: journaling to lose your mind, find your soul and embody your voice: 40 page e-book.

Get Schmooze free at www.daremore.com

Led by: Nancy Hill, Author, long time yoga practitioner and devotee of creative spirit. "My life has given me the eyes of a painter, the ears of a psychotherapist and the heart of a grandmother."

When: Sunday, May 1st

Time 1:00 to 4:00 PM

Cost: \$45. (includes a copy of *Unfolding*)

Where: Abhyaasa Yoga Studio

124 S. Webster St, Naperville, IL 60540

Abhyaasa is a spacious, colorful yoga studio that fosters mind-body wellness.

Register Now: (630) 358-9642

Or online: AbhyaasaYoga.com