



Writing as a Spiritual Path

Thursday, October 27, 2016, 7:00 p.m.



The purpose of a spiritual path is to bring us fully into the moment, to be aware of our soul story, and ultimately to connect with the Great Mysterious. Nancy will show us a way to express through writing what our five senses notice in each moment, and how this spiritual practice can help us experience life more deeply.

\$10 nonmembers \$5 members



Nancy Hill, LCSW

is an author, long-time yoga practitioner, and devotee of creative spirit. With 40 years of social work experience, she says, "My life has given me the eyes of a painter, the ears of a psychotherapist, and the heart of a grandmother." Her books include: *Unfolding* and *Schmooze Your Muse*. Visit her website: www.daremore.com.

Please bring a notebook and pen. A book signing follows the program.