



# Writing to Unfold

Saturday, October 29, 2016, 10:30 a.m. – 4:30 p.m.



Writing to Unfold teaches us to slow down in order to fully inhabit the moment. We'll use our five senses as an entryway 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 keeps us in the present by asking questions like: What is happening in my environment? What time of day or season is it? and Which stage of life am I in?

**\$60 members \$70 nonmembers \$80 at the door (includes a copy of *Unfolding*)**

Register online: [www.theosophical.org/programs/events-workshops-and-retreats](http://www.theosophical.org/programs/events-workshops-and-retreats)



## 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](http://www.daremore.com).

*No writing experience needed, but please bring a notebook and pen.  
Bring a vegetarian lunch if you would like to eat on campus.*