

Inquiry Practice --writing from stillness



This four-hour workshop combines writing to self-searching prompts with some of the quieter aspects of Hatha Yoga-- sitting with the questions, rather than analyzing them.



restorative yoga



pranayama



yoga nidra

Illustrations by Bill Otersen

Wendell Berry: "And the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our feet and learn to be at home."

from *Pilgrim Heart* by Sarah York. 2001, Jossey-Bass, San Francisco.

Please bring your journal or writing paper and your favorite pencil or pen.

Where: Abundance Wellness Center, 325 John Knox Rd. Bldg. T
Directions at www.awc-tallahassee.com/Abundance%20Map.htm

When: Saturday September 17, noon - 4:00 pm **Cost:** \$45.00

To register, contact Sonia by email: snalon@nettally.com or phone: 850 216-1422

For yoga teachers: 4.0 CE credits for Yoga Alliance available

Sonia Nalon, the workshop leader, has been on the trail of yoga for decades, through posture, breath, meditation, and study. She is a graduate of the 500-hour yoga teacher training program at Discovery Yoga in St. Augustine. Sonia has been teaching classes and leading workshops in the Tallahassee area for five years.



photo by Earl Morrogh

Om shanti!