

Esalen®

Women In Transition – Climbing Into Your Authentic Self

Your house is on fire. Your Boat is sinking. What do you want to take with you? What are you willing to watch sink or go up in flames? Making these decisions can help you navigate change and rediscover your most authentic self.

This workshop gives you the time, space, and tools to ride the wave of change. Turbulent times are a call to adventure. Embark on the mythic journey with a transformational blend of hatha yoga, purposeful writing, deep relaxation and guided meditation.

You'll gain a deeper understanding of your life in transition and find strategies and rituals for dealing with intense change and the discomfort that sometimes accompanies it.

Taught by Suze Allen; writer, educator, & dramaturge
www.suzeallen.com
and by Jnana Gowan; Certified Yoga Instructor, & writer
www.powerhed.com

Register on the web or call 831 667 3005

For additional information please contact info@esalen.org

Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.



Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.

