

GROW YOUR SOUL THROUGH

RECEIVING

A Summer Four Seasons Workshop ~ Iris Studio, Accord NY



TAKE TIME TO CONTEMPLATE

Come open your mind and heart to the nurturing images and messages of your inner being thru active imagination, dream work and conversation with the summer trees, rocks and vegetables. Inhabit your body and it's great wisdom through the rhythms of barefoot movement to soul-stirring music and meditative healing silence which takes you to a deep sense of receiving the Earth, herself.

Jude Schafman and **Lyn Koutcher** will weave their talents and offerings together in a single easeful workshop experience, including space and time to wander in the beautiful summer atmosphere of IRIS's gardens, trees, ponds and solitary meditative spaces.

When: Sunday, July 29, 2012

Where: IRIS on 238 Towpath Road. Accord, NY 12404

Time: 10am to 4pm

Cost: \$80

Register: judithschafman@yahoo.com

For more Information: 845-434-7243

You are invited to bring your own lunch