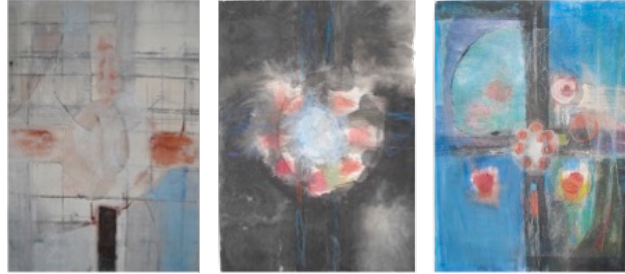


Inner Work Path

IN THE LIGHT OF ANTHROPOSOPHY

With Lisa Romero



A ONE DAY WORKSHOP ON MEDITATION AND INNER PRACTISE

This workshop describes how and why various meditations and exercises work to strengthen the soul and its relationship to the spiritual world.

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. Together we will explore the inner work, the birth of the higher self, the spiritual year and how exercises can bring us closer to our own experience of these processes. This will enable us to both hold and further our daily practices.

Those wishing to establish a meditative life and long-term meditants have found this work invaluable in deepening their relationship to the path.

June 23

Saturday 10am – 3pm

Honolulu Waldorf School HAWAII

Niu Campus, 350 Ulua Street

\$50

(\$30 concession)

COURSE INFORMATION & ENROLMENT

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See over the page to find out more about Lisa Romero and Inner Work Path

www.innerworkpath.com