

THE INNER WORK PATH

Strengthening the Foundations of Meditation



Painting by Patricia Lynch

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. This weekend workshop will explore the inner work path, the birth of the higher self, the spiritual year, and how meditation can bring us closer to our own experience of these processes.

This workshop has been invaluable for both those wishing to establish a meditative life for the first time, as well as long-term meditants seeking to deepen their relationship to the path.

LISA ROMERO is an author, complementary health practitioner, and adult educator. Her capacity to share esoteric wisdom imbued with living insight has allowed her to provide support for contemporary seekers throughout a diverse range of communities and professions in Australia, Japan, Europe and the U.S.

SAVE THE DATE: November 23-25, 2018

PLACE: Cedarwood Waldorf School –Portland, Oregon

COST: \$300 – Financial Assistance Available

MORE INFO: InnerWorkPath.com – innerworkpathusa@gmail.com