

Developing the Self: Meditations and Exercises for our Inner and Outer Growth.

An Intensive Workshop with Lisa Romero:

October 18th – 20th

Friday 7-9pm Saturday and Sunday 10am -3pm with a break for lunch (not provided)

Credo High School 1300 Valley House Drive, Suite 100 Rohnert Park, CA 94928

Sponsored by Language of the Heart Branch of the Anthroposophical Society in America.

Cost \$250 Register at Brown Paper tickets

Or e-mail Lorian Shick at L-lorian@sbcglobal.net for registration and questions

What directs our lives? Is it our desires, our intellect – or the most aware part of us? Each of us already has certain capacities but we need to develop them in order to be able to make use of them. Developing ourselves affects not only our own lives and the decisions we make but also affects the lives of others around us. This course will include several exercises and meditations that will help us understand and cultivate the fruits of the inner work.

Through understanding the inner path, we can gain insight into our individual relationship to the various steps that are asked of us and recognize how to utilize the inner exercises that both develop and support our onward journey. By seeing the path that all must take we can objectively evaluate our next step and learn how to work healthily at each stage.

About Lisa:

Lisa Romero's primary focus is on teaching inner development and anthroposophical meditation. Through the Inner Work Path (<https://www.innerworkpath.com>) Lisa offers lectures, courses and retreats for personal and professional development, in communities and schools worldwide. Steiner Books has published; *The Inner Work Path* focusing on meditation practice; *Developing the Self* written after years of working with Waldorf teachers to support their inner work and pedagogical understanding of child development; *Living Inner Development* offering an understanding of the inner experiences and results of various inner development exercises; *Sex Education and The Spirit* to help awaken an understanding of our communal responsibility for the healthy development of gender and sexuality within society; and *Spirit-led Community* which introduces spiritually healthy guidelines for lessening the negative influence of technology on the inner life.

Lisa's capacity to deliver esoteric wisdom with insight and understanding allows her to meet the diverse needs of a range of communities and professions. Essentially, her work springs from the inner work, meditation and exercises, together with a dedication to the path of unfolding consciousness.