

Tiferet Writing & Yoga Retreat

The Voice of Transformation

Saturday, May 20, 2017 • 9:00am-4:00pm

Offered by Tiferet Journal

Poems have long been powerful agents of change.

Their potency moves us on many levels, from our personal world to the world at large. Our day-long workshop takes a deep look at the transformational qualities of poetry. Join us to:

- Begin the day with a gentle and authentic yoga practice which taps into self-reflection and creates space for transformation
- Move into a discussion of how form and poetic elements can impact the writer's message
- Launch into your own writing, giving voice to a pressing need or uncovering the potential for change in your life

This is a wonderful opportunity for you to put aside obligations and distractions to focus on yourself. To hear yourself more clearly. To nurture your writing. And to identify your potential for transformation.

A nourishing lunch is included. Space is limited; please register early. Fee for full day and lunch is \$110.00. Please note a full refund will be given prior to May 10. To register, visit <http://tiferetjournal.com/events/writing-yoga-retreat/>. Call 609-238-2155 • Email: thalscheid@gmail.com

Presenters



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