

## Inquiry Practice --writing from stillness



This four-hour workshop combines writing to self-searching prompts with some of the quieter aspects of Hatha Yoga-- sitting with the questions, rather than analyzing them.



restorative yoga



pranayama



yoga nidra

Illustrations by Bill Otersen

**Wendell Berry:** "And the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our feet and learn to be at home."

from *Pilgrim Heart* by Sarah York. 2001, Jossey-Bass, San Francisco.

**Please bring your journal or writing paper and your favorite pencil or pen.**

**Where:** Abundance Wellness Center, 325 John Knox Rd. Bldg. T  
Directions at [www.awc-tallahassee.com/Abundance%20Map.htm](http://www.awc-tallahassee.com/Abundance%20Map.htm)

**When:** Saturday September 17, noon - 4:00 pm    **Cost:** \$45.00

**To register, contact Sonia by email: [snalon@nettally.com](mailto:snalon@nettally.com) or phone: 850 216-1422**

**For yoga teachers: 4.0 CE credits for Yoga Alliance available**

**Sonia Nalon**, the workshop leader, has been on the trail of yoga for decades, through posture, breath, meditation, and study. She is a graduate of the 500-hour yoga teacher training program at Discovery Yoga in St. Augustine. Sonia has been teaching classes and leading workshops in the Tallahassee area for five years.



photo by Earl Morrogh

**Om shanti!**