

MADRONA MIND BODY INSTITUTE

DISCOVERING

Y · O · U · R

ESSENTIAL

NATURE

MAY 1, 2, & 3, 2009

A PRACTICAL GUIDE TO ENHANCING YOUR DAILY PRACTICE
WITH DARSIE BECK, GLORIA LAMSON & ALETIA ALVAREZ

SHADOW DANCE BY DIANE SHERMAN • PHOTOGRAPHY BY GLORIA LAMSON

YOUR RETREAT FOR CONSCIOUS LIVING
PORT TOWNSEND, WASHINGTON

DISCOVERING · YOUR ESSENTIAL · NATURE

A PRACTICAL GUIDE TO ENHANCING YOUR DAILY PRACTICE

Join Darsie Beck, Gloria Lamson & Aletia Alvarez • May 1, 2 & 3, 2009

to experience a holistic approach to sustained, creative, spiritual growth and overall well-being. Learn the "Art of Journal Keeping", the centering attributes and meditative quality of "Seeing Drawing" and writing "Morning Pages".

- Access your inner wisdom • Facilitate greater creativity • Achieve greater harmony through movement • Empower your unique vision • Live seamlessly with intention (No previous art experience necessary. Movement portion accessible to all.)



Darsie Beck is a professional artist, landscape designer, stone carver and journal keeper.

For the past 8 years Darsie has facilitated "The Artist's Way" and journal keeping workshops on Vashon Island and throughout the Northwest. He has been a Centrum Artist in Residence and is a member of Vashon Allied Arts.



Gloria Lamson is a visual artist whose creative practice has been central

to her for 35 years. She received a MFA in Arts and Consciousness from JFK University in California. Gloria embraces art as a vehicle for conscious living and currently works with Artist Trust.



Aletia Alvarez is the Co-Founder of the Madrona MindBody Institute. Her

creative spark and Soul Motion-inspired dance platform offers a transformative "foot" bridge between interior life and the conscious understanding of self, community and one's alignment with divinity.

Workshop Tuition: \$260
Meals & Accommodation Packages available.



Discover your Essential Nature:

- In Madrona MindBody's beautiful movement space & Centrum's seasoned visual art studio.
- Peacefully nestled within Fort Worden State Park.
- In the "Dream City" of Port Townsend, WA, a scenic two-hour trip from Seattle.

FOR MORE INFORMATION AND TO REGISTER VISIT:

www.MadronaMindBody.com
360.344.4475

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