



Befriend your body

Come to your senses

Hear your still small voice

A Four-Week Workshop

Over the four weeks you will be guided through gentle movement and self-reflection. By listening to your whole self with presence and awareness, you are inviting union with the True Spiritual Director who meets you where you are. Outcomes vary from feeling rested and peaceful to experiencing insight and discernment.

Location: Hampton Square (Across from George Fox University Portland Campus)
6950 SW Hampton Street - Suite 320
Tigard, OR 97223

Dates: April 5, 12, 19, 26

Time: Monday evenings, 7:00 to 8:30 PM

Price: \$75
Space is limited to eight participants and pre-registration is suggested.

"The first duty of love is to listen." - Paul Tillich

Gaylie Cashman holds a Master of Arts in Spiritual Formation from George Fox Evangelical Seminary and is an advanced certified graduate of Phoenix Rising Yoga Therapy. An embodied approach to well-being and spiritual formation evolved from her passion is to be a bridge of reconciliation for the whole person - body, mind, soul, and spirit.

Register online at: www.yourstillsmallvoice.com

For questions or more information

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