

# Meditate to write Write to meditate

**Put your practice into words.  
Through your words,  
deepen your practice.**

*In a weekend retreat for women with*

**SANDY BOUCHER,**

<http://www.sandyboucher.net/>



2006 United Nations Outstanding Woman in Buddhism  
award-winning author of 8 books and NEA fellow  
more than 20 years teaching writing and meditation

This retreat is for women interested in meditation who want to experience the power of penetrating the dharma through writing. Whether you write regularly – journal-keeping, poetry, story -- or you're interested in discovering an unexplored part of your process, you'll find this weekend retreat will allow you to access deep compassion and discriminating wisdom. The retreat will be held in a container of silence, helping to still the busy mind and allow inspiration to surface. We will alternate meditation with writing periods, and share our writing in small groups. Beginning and experienced writers are all welcome.

**Friday, Aug. 15<sup>th</sup>, 7 p.m. – Sunday, Aug. 17<sup>th</sup>, 5 p.m., 2008**

**Location: SACRED GROVES, <http://www.sacredgroves.com/>  
In the natural setting of 10 acres of Pacific Northwest rainforest  
on Bainbridge Island, WA**

**Cost: \$165 - \$200** depending on lodging

For more information and registration, contact Janet Pliske,  
[jpliske@seawell.net](mailto:jpliske@seawell.net), 206-938-5204