



*Unstiffen your supple body.
Unchatter your quiet mind.
Unfreeze your fiery heart.
-Celeste West*

Everything we've ever experienced or cared for lives in our cells. Even as you read these words, if you gently turn your attention to the heart of your body, you might feel the swell, the gentle outward pressure of your own unspoken stories, dreams, sorrows, passions and joys. They long to be known, they wait for you to come and get them.



Whether you love to write or freeze at the thought, Write of Passage will allow you to dip your pen into this well. Rather than think something up, you learn to simply listen onto the page.

We use the fire of the 5Rhythm practice to open the riches stored in our bodies. Writing directly from breath to heart to hand to page, we fly past the critical world without a backward glance, allow ourselves to be messy, wild and unpolished. We listen, we laugh, we dream aloud and fumble together — until we are struck silent by the unexpected beauties that leap from us all.

There is nothing to make up. There are no skills required. Here we allow writing, a solitary act, to shatter the isolation between us. This is simply medicine for the hungry heart. Come join us.

"Write of Passage opened my inner eyes and ears, beneath brain talk into body speak."

"I found that whatever flowed through my pen was exactly perfect."

"Lori is a guide who will urge you to your edge and inspire you to dance and write your way right over it."

Cost \$195 by Jan 4th - \$225 after Jan 4th

Friday — 7:45 pm - 10:00 pm

Saturday — 11am - 6pm

Sunday — 11am - 6pm

For more information call 530-477-7757 or email michael@welloflight.com