

# PRACTICAL MEDITATIONS for

PICK ONE OR BOTH!

# SPIRITUAL DEVELOPMENT

THIS IS NOT A LECTURE SERIES.

IT'S AN EXPERIENTIAL PATH OF PRACTICE & DEVELOPMENT

GUIDED BY SUSAN OVERHAUSER & ARIANNA GOLDEN

- Find calm & clarity
- Strengthen your capacity to consciously direct your consciousness
- Free yourself from inner turmoil
- Find empathy & inner peace
- Step-by-step, reliable methods for finding Right Word & Right Action
- Connect with your higher self
- Adventure into a new daily rhythm, where conquering and transforming dragons becomes a fun, healing, transformative part of your life.



## AUGUST COHORT

- 4 Full Saturdays
- August 2, 9, 16, 23
- 8:30am-5pm PST
- 11:30am-8pm EST

## AUTUMM COHORT

- 12 2-hr Sessions
- Sept 29 to Dec 15
- 3pm-5pm PST
- 6pm-8pm EST

GAIN A SPIRITUAL TOOLKIT FOR NAVIGATING  
RELATIONSHIPS AND LIFE DECISIONS.

ARE  
YOU  
READY?



SLAY  
YOUR  
INNER DRAGONS!

JOIN US LIVE ONLINE

# This 2025 Michaelmas Season!



**WORKSHOP FEE: \$450**

Accessible pricing available  
for those on fixed incomes  
or in need — just ask.

**REGISTRATION & DETAILS:**  
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