

"THE HEART IS THE VESSEL OF THE HUMAN SPIRIT"

Join Shakti Hanson, esteemed yogini, and Robin Lieberman,  
MSW, artistic therapist, as they guide you on a  
**PAINTING AND YOGA RETREAT**  
**PILGRIMAGE TO THE GARDEN OF YOUR HEART**  
on the majestic Oregon Coast

Friday, November 10, 7:30 p.m. to Sunday, November 12, 1:00 p.m.

The Center for Contemplative Arts  
Manzanita Avenue and Division Street, Manzanita, OR

From past participants:

*Through the workshop's theme, I accessed an openness & ease that I'm quite thankful for. The yoga sessions & watercolor painting flowed back & forth very naturally. My body felt more alive & my relationship with color simpler. Also, a warm comradery formed among us participants. Sharon & Robin orchestrated a very restorative weekend. --MJ Davison, artist*



*The weekend was a lovely spiritual and emotional re-set for me. The yoga and painting were our gateways in to the work, which we did together and alone, facilitated by our gifted teachers. The beauty of the coast, the shared meals, the variety of physical, spiritual and artistic pursuits, made it an ideal retreat.*

*-- A.B., business coach*

*Pilgrimage was a unique multidimensional immersion experience for all the senses. I had never thought about merging vinyasa yoga with artistic expression and use of color but the*

*result was amazing. We had such an open and giving group to explore with. Our leaders were creative and enthusiastic. I would do it all over again, expecting deeper growth. --Lucy, retired physician, NM*



\$250 includes catered Saturday dinner, snacks and tea throughout  
the weekend and all art materials

Some Shared Housing available for \$25-\$50/night

\$275 after October 27

Robin: 503-222-1192 or [robinlieberman.net](http://robinlieberman.net)

Shakti: 503-781-5278

Curiosity is the only prerequisite!

