



# Tail of the Tiger



## Meditation and Creativity:

A RETREAT FOR WRITERS

With Susan Piver, March 20 –27, 2009

"SUSAN IS A SKILLFUL  
AND INSPIRING ALLY,  
A GENEROUS PRESENCE,  
AND A PHENOMENAL  
TEACHER."



What do writers want more than anything in the world? Time to write. Yet even if such precious time could be found, it's not always easy to settle into the writing groove. Meditation can help synchronize mind and body in a way that truly supports the creative process.

In addition to plenty of personal writing time, quiet, and the supportive (but non-intrusive!) presence of other writers, the program will include several hours of meditation practice per day and simple creativity exercises. Although the focus will be on individual work, there will be opportunities for moderated discussion of each other's writing.

Open to writers of fiction and non-fiction, published and unpublished. Bring your ideas, works-in-progress, or simply your wish to devote attention to your creativity.

No meditation experience required, but be prepared for fairly intensive sitting sessions. Instruction will be offered.

Susan Piver is an authorized meditation instructor in the Shambhala Buddhist lineage, the New York Times best selling author of *The Hard Questions* series, and the creative director of Padma Media. She has practiced meditation for over 10 years. Her new book is *How Not to Be Afraid of Your Own Life* (St. Martin's Press 2007).

Program cost: \$675 (meals included) (payment plan available)

Call Tail of the Tiger Programs, at Karmê Chöling:  
802-633-2384 or visit [www.tailofthetiger.org/writers\\_309.html](http://www.tailofthetiger.org/writers_309.html)

For more information about Tail of the Tiger,  
visit: [www.tailofthetiger.org](http://www.tailofthetiger.org)