



Tail of the Tiger



Authentic Inspiration:

A RETREAT FOR WRITERS

With Susan Piver, September 18 –25, 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 meditation instruction and practice and journaling exercises. In the evenings, we will meet for moderated, friendly 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Open to writers of fiction and non-fiction, published and unpublished.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.

Susan Piver is an authorized meditation instructor in the Shambhala Buddhist lineage and the New York Times best selling author of five books, including the award-winning *How Not to Be Afraid of Your Own Life* (St. Martin's Press, 2007) and the upcoming *The Wisdom of a Broken Heart* (Simon & Schuster, 2010). She has been practicing meditation for more than ten years.

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

Call Tail of the Tiger Programs, at Karmê Chöling:
802-633-2384 or visit www.taillofthetiger.org/writers_909.html

For more information about Tail of the Tiger,
visit: www.taillofthetiger.org