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SEDONA MEDITATION TRAINING COMPANY ANNOUNCES

The Yoga of Writing - A Women's Meditation & Writing Retreat

(Sedona, Arizona) The Sedona Meditation Training Company announces The Yoga of Writing – A Woman's Meditation & Writing Retreat with Sarah McLean and Victoria Nelson on April 23 – 25, 2010 at the Alma de la Mujer Retreat Center in Austin, Texas.

“Writing can be a practice, and used as a form of meditation. And when the writer disappears in her writings, the creative self is revealed. Writing practice leads to a profound experience of timelessness and present moment awareness - a single moment of inspiration becomes eternity,” says retreat facilitator and meditation teacher, Sarah McLean.

“That is also true of the art of meditation. Both can lead to the disappearance of the ego and the disappearance of the chattering mind. For those who undertake meditation, life is transformed physically, spiritually, and emotionally. What is left is the song of the soul,” she adds.

During this intimate writing retreat, participants will be encouraged to pay attention to silence and stillness, and present moment awareness. They’ll transcend their external world, senses and even thought, and then reemerge to

express their story.

Both facilitators are from Sedona, Arizona where they are immersed in a lifestyle that the report totally nourishes them. Recently featured in the *New York Times*, Sarah McLean, the founding director of the Sedona Meditation Training Co., was also one of the founding directors of the Chopra Center in California. She has over 20 years' experience in the personal growth arena and she teaches meditation and writes in Sedona.

Victoria Nelson, retired from a corporate career at an early age, is a self-taught painter and writer whose work has been featured at the University of New England Museum's "On Island" show featuring women artists of Monhegan Island. She spends her days painting and writing and being in nature.

There is no writing or meditation experience needed to attend the retreat. The registration fee is \$325. Lodging at the retreat center is available. To find out more, contact Stacy Thrash, an alumnus of the program by calling (512) 484-0811. The Yoga of Writing retreat is also held in Sedona, Arizona and Portland, Maine. Registration and information about this and other courses can be found at www.SedonaMeditation.com.

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