



integrative wisdom path

PRESENTS

MEDITATION / SPIRITUAL GROUP

Second Thursdays in January, February & March

Meditation, which means 'training of the mind', has been practiced in ancient traditions for millennium. Science is now discovering and affirming the benefit of meditation in not only reducing stress, but also promoting a sense of joy, calmness, and well-being. It also enhances our spiritual awareness and connection to our essence. The meditation and spirituality group meets monthly focusing on specific practices every three months. Participants commit to the three meetings, then can choose to continue or rejoin later, depending on space availability.

The first series was on the ancient Tibetan Bön practice of breath to transform suffering and awaken us to our sacred body. The next series will deepen the breath meditation and inner refuge to focus on how crisis can be a doorway to transformation, and the three pillars that are essential for the process. Future topics include sacred feminine meditation and teachings, dream practices and healing with elements.

Date: January 12th & February 9th & March 8th, 2012

Time: 7:30-9:00pm

Location: 446B S. Marengo Ave, Pasadena, CA 91101

Cost: \$90 for the series. No refund for missed classes.

**Please contact Dr. Raven Lee at 626-818-8822 or drravenlee@gmail.com
or visit www.integrativewisdompath.com**



Dr. B. Raven Lee is a transpersonal psychotherapist, meditation teacher, and fellow in clinical hypnotherapy. She is a senior student of Bön-Buddhism, and teaches the ancient healing practices. Raven integrates Buddhist principles, dreamwork and shamanic healing with Jungian psychology and interpersonal neurobiology in her private practice in Pasadena, CA, USA. A certified diplomate in Energy Psychology and a reiki master/teacher, Raven teaches "The Way of the Mystic Shaman" and guides Sacred Feminine pilgrimages to Europe.