

INVOKING THE BODY'S WISDOM

through Creativity, Sacred Movement and Deep Inquiry

A one day workshop with
Pasha Hogan and Jennifer Ferraro

Saturday February 23, 10- 5pm
Santa Fe Soul, 2905 Rodeo Park Dr. E #3
Cost: \$80



Pasha Hogan is a psychotherapist, workshop facilitator, and Reiki Master from Ireland now living in Santa Fe, New Mexico. Through her workshops and speaking engagements Pasha's mission is to empower individuals to live passionately and transform life challenges into profound learning and healing experiences.
www.pashahogan.com

Jennifer Ferraro is a poet/performer, artist, writing teacher and author of *Quarreling with God: Mystic Rebel Poems of the Dervishes of Turkey*. A student of the Sufi path and mysticism across traditions, her work is particularly concerned with illuminating the neglected beauty and passionate wisdom of the sacred feminine.
www.jenniferferraro.com

One of the keys to having a deep connection to life is feeling aware and present of your body – the basic ground of your awareness. Our bodies hold our dreams, fears, sufferings, inspiration and sources of passionate and wakeful existence. Yet many of our spiritual and psychological ideas reinforce a separation of body and mind, spirituality and sensuality, soul and sex. Healing the sense of alienation and apathy prevalent in our time involves a deep inquiry into the innate wisdom of the body and the senses as thresholds of the soul.

In this day-long workshop, join us in sensing, feeling, moving and sharing toward a place of deeper authenticity and embodiment. We'll explore the breath; sensing and imagination; sacred simple movement to open the belly and heart; music as enchantment, free-writing and collage as self-inquiry; and poetry as intimate alchemy. Together we'll create a safe space for sharing and creative revelation, invoking the wisdom of the sacred feminine in order to heal ourselves and the larger culture.

To register or for more information, please call (505)470-5790 or
jferraro28@hotmail.com. Or visit www.santafesoul.com.

