



## **FINDING THE VOICE INSIDE**

### ***Exploring Your Unique Feminine Spirituality***

Through a series of specifically designated writing exercises, women are invited to name, honor and explore their female experience. Our experience of the world is different from men's, beginning in early childhood, yet much of the world we live in has been defined from the male perspective. Through these writing exercises, women are encouraged to recreate the images, symbols and metaphors of their own lives, and in this way to value themselves as women. Doing this work in a group and hearing themselves and others read aloud what's been written, women re-awaken to their unique spirit.

Format: Each week a topic will be introduced, and then you will be invited to write stream of consciousness for about 8-10 minutes. Each woman reads what she wrote to the group, and after that there is open discussion. This series of practical yet imaginative writing exercises is designed for writers and non-writers alike so don't worry if you don't think of yourself as a writer; this group is about the process and the experience not the "quality" of the writing.

***Writing can be the reflective and reflexive moment that begins the journey toward wholeness and healing, but it is only phase one of the quest. The goal is to move you from the poetic revelation to on-going emotional and spiritual growth.***

When: Fridays for 10 weeks, January 18 – March 21, from 11:45am-1:00pm  
(Other sections may open based on demand; please contact us if interested.)

Where: Lepage Associates, 5836 Fayetteville Road, Suite 104, Durham  
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

Cost: \$75 per session OR discount for paying in advance for all sessions \$700 total  
(most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement) \$75 deposit required to reserve a spot

**To Register: Download a registration form from our website; Call 572-0000; or email eoraefo@lepageassociates.com**

**Space is limited so register now to reserve a spot!**

**[www.lepageassociates.com](http://www.lepageassociates.com)**