

Pittsburgh Pathwork is excited to offer:

Visualizing Life without Defensiveness

A Saturday evening, (1/27/18), all-day Sunday (1/28/18) workshop
Facilitated by Renee Whatley, Pathwork Helper



Love can only flourish in the fertile soil of fearlessness and truth

We issue a special invitation to newcomers. Everyone is welcome!

Through lecture study, meditation, creative expression, movement and process work we will:

- ✧ Explore what defensiveness does to our bodies, minds, emotions and spiritual nature.
- ✧ Identify and *make friends* with our primary defensive strategy.
- ✧ Identify strategies that reduce defensiveness.
- ✧ Begin to contemplate an undefended life.

Participants should read lecture #101 *The Defense* prior to the workshop.

Click [here](#) or go to pathwork.org to download the lecture.

Dates and Times:

Saturday, January 27: 7:00 p.m. to 9:00 p.m.

Sunday, January 28: 9:00 a.m. to 5:00 p.m.

Cost: \$115.00

Register early at PittsburghPathwork.org. Space is limited.

Location: Mount Alvernia
146 Hawthorne Road
Millvale, PA 15209

Registration:

Non-refundable \$50 deposit due by: January 3, 2017

Payment in full due by: January 17, 2017

Make check payable to: **Pittsburgh Pathwork**, and mail to:

Kay Comini
2 Nusser Street
Pittsburgh, PA 15203



Renee Joanna Whatley is a veteran Pathwork Helper and a gifted teacher from the Philadelphia region. She has had an

important role in the development of the Pittsburgh Pathwork Region.