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**Finding Your Real Voice,  
A Writing & Meditation program for Women to Discover Themselves  
at the Briar Patch May 21 -23, 2010**

Sedona, Arizona, December 2010

The Sedona Meditation Training Company announces “The Yoga of Writing: A Woman’s Writing and Meditation Retreat” from May 21-23, 2010 at the secluded Briar Patch Inn in Oak Creek Canyon in Sedona, Arizona. Women writers of all experience levels are welcome at this weekend retreat.

Sarah McLean, founding Director of the Sedona Meditation Training Company, leads participants through the weekend with Sedona writer/artist Victoria Nelson. They are both uniquely qualified to do so.

Sarah is a writer and seasoned presenter of meditation for the mainstream. She’s served as education director of Deepak Chopra’s mind/body health center, director of Byron Katie’s School for the Work, and assistant to Seat of the Soul author, Gary Zukav. These pioneers of self-discovery and mind body healing were all best-selling authors. Sarah now joins them as a leader in bringing meditation into the mainstream.

In the 90’s, co-facilitator Victoria Nelson left the corporate world in the Phoenix area to pursue her passion of writing and painting. She receives artistic inspiration from the

contrasting light and colors in Sedona where she spends fall, spring and winter. In the summer, the dramatic light and ever-changing sea of Monhegan Island, Maine inspire her art and writing.

“Writing and meditation are so similar,” shares McLean. “Both can lead us into timelessness, a sense of lightness, and can help us to discover who we really are, beyond the notions of what we think.”

McLean first discovered this writing practice when she was dealing with cancer almost 15 years ago. The cancer was in the area of her throat, which made perfect sense to her. She says she had found it difficult to express her true self as a teen and young woman, and held down her ideas and emotions. That became a habit through her adult life that she said all changed with writing practice.

“I found this writing practice was a powerful way for me to hear my own voice, to find out what I really felt and thought about life in general. I gained confidence in my voice. It was one of the first steps, along with meditation, that led me to discover my true sense of self, my creative spirit, and inner guidance.”

Participants will be immersed in the perfect setting for quieting the mind and finding creativity. The Briar Patch Inn in Oak Creek Canyon lies at the base of the red rock mountains, and the spring fed waters of Oak Creek create a healing, magical oasis of towering sycamores, majestic canyon oaks, dappled sunlight, and frisky squirrels. Participants may commute or stay at the Briar Patch during the retreat.

This program is offered twice a year, in May and October, and this year will be held in two new cities: Austin, Texas and Portland, Maine. Space is often limited to eight women. Tuition begins at \$325. To reserve your spot, or for more information, contact Sarah McLean at [info@sedonameditation.com](mailto:info@sedonameditation.com) or 928.204.0067, or go to [www.sedonameditation.com/SedonaWomensWritingRetreat.html](http://www.sedonameditation.com/SedonaWomensWritingRetreat.html).

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