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**A Writing & Meditation Retreat for Women
to Discover Their Voice
At the Briar Patch Inn May 21 -23, 2010**

(July 2010 Sedona, Arizona) “The Yoga of Writing: A Woman’s Writing and Meditation Retreat” held on September 24 - 26 at the quaint Briar Patch Inn in Oak Creek Canyon in Sedona, Arizona. Women writers of all experience levels are welcome at this weekend retreat presented by The Sedona Meditation Training Company.

Sarah McLean, the founding Director of the Sedona Meditation Training Company, leads participants through the weekend along with Sedona writer/artist Victoria Nelson.

McLean is a writer and seasoned presenter of mind/body health and self-discovery programs. 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 were all best-selling authors and McLean now joins them as a leader in bringing meditation and mind/body health into the mainstream.

In the 90’s, co-facilitator Victoria Nelson left the corporate world in Phoenix to pursue her passion of writing and painting, which she now does full time. 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 can be so similar,” shares McLean. “Both can lead us into timelessness, a sense of lightness, and can help us to discover who we really are and our creativity, beyond the notions of what we think.”

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

“I found this writing practice was a powerful way for me to listen to my own voice, to find out what I really felt and thought about life in general. I gained confidence in expressing myself. It was one of the first steps I took, along with meditation, to discover who I really was and to connect to my creativity and purpose in life.”

Participants will be immersed in the perfect setting for quieting the mind and finding creativity at The Briar Patch Inn in Oak Creek Canyon. The Inn is one of those secret spots in Sedona at the base of the red rock mountains, alongside the spring fed waters of Oak Creek. It’s 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 Sedona: in the spring and the fall. This year a special one-day program is also offered in Portland, Maine in August. Space is often limited to ten women.

Tuition begins at \$325 for the weekend at the secluded Briar Patch Inn in Oak Creek Canyon in

Sedona, Arizona. For more information, or to register, call the Sedona Meditation Training Company at 928.204.0067, or email sedonameditation@gmail.com or visit www.sedonameditation.com/SedonaWomensWritingRetreat.html.

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