

# The Chrysalis Group Presents

## Spiritual Seeker Series



### Are You A Seeker?

Chrysalis presents ***Spiritual Seeker Series***, seven sessions of programs in 2011-2012, led by well-known experts in their respective fields who will explore a variety of spiritual practices. *Spiritual Seeker Series* programs will run the first Wednesday of most months from 7-9 p.m., beginning in October. Join us for all seven, or attend the ones that interest you most. These programs are a great way to discover or reinvigorate spiritual paths.

### Spiritual Seeker Series Topics

- Oct. 5 Meditation: Mindfulness in the Vipassana Tradition**  
Facilitators: Philip and Kay Davidson
- Nov. 2 Creative Expressions**  
Facilitators: Joan Garrabrant, Kathleen McSweeney, Pam Redd
- Dec. 7 Living with Intention**  
Facilitator: Peggy Siegel
- Feb. 1 Exploring Your Dreams**  
Facilitator: Mimi Weaver
- Mar. 7 Let Your Soul Speak: Journaling as a Spiritual Practice**  
Facilitators: Elaine Kiziah, Ann Forburger
- Apr. 4 Body and Soul: Sacred Connection**  
Facilitator: Carol Jacobs
- May 5 World Labyrinth Day Walk**  
Outdoor Chrysalis Labyrinth (the corner of Westwood Avenue and Loxley Road on the campus of the Union Theological Seminary)

All programs (except the World Labyrinth Day Walk) take place at The Chrysalis Gathering Space, 3527 Ellwood Avenue in Carytown.

For more information or to register, visit our website [www.thechrysalisgroup.com](http://www.thechrysalisgroup.com), call 804-359-0384 and leave your name and contact information, or send your payment to The Chrysalis Group, PO Box 7014, Richmond, VA, 23221.



*"Great awareness comes slowly, piece by piece. The path of spiritual growth is a path of life-long learning.*

*~ M. Scott Peck*

Register for the entire series & receive a discount:  
\$125 Members  
\$195 Non-members  
\$ 65 Student members

Register for an individual program:  
\$25 Member  
\$35 Non-member  
\$15 Student member  
\* early registration discounts for individual programs are available on our website

*The Chrysalis Group is a non-profit organization offering opportunities to explore the spiritual dimensions of life.*

[www.thechrysalisgroup.com](http://www.thechrysalisgroup.com).