



Angeles Arrien
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Angeles Arrien

Cultivating Gratitude 1-day Workshop

Sat. Dec 5, 2009 10:00am- 4:00pm, Sausalito, CA

This is a one-day workshop to develop and cultivate the power of deep appreciation so that it becomes a way of life—simply and naturally. The practice of gratitude is shared world-wide. We will use many cross-cultural stories, prayers, insights and practices from other cultures and traditions. Also, come celebrate the release of Angeles's latest CD on Gratitude!

Cost: \$140. Call to preregister, space is limited, 415-331-5050.



♻️ Printed on recycled paper



Angeles Arrien

Winter/Spring 2009-2010 Update



Four-Fold Way® Free Introductory Evenings—Sausalito, CA

Wednesday December 2, 2009 6:30-7:30pm

Wednesday January 20, 2010 6:30-7:30pm

Tuesday February 9, 2010 6:30-7:30pm

YOU ARE INVITED to attend a free introductory evening to hear Angeles speak about the Four-Fold Way® programs for 2010. This free intro evening is open to all new and old participants, so please bring your friends, colleagues, or family members who might be interested in learning more about the Four-Fold Way® programs. Attendance at one of these sessions is required to begin the Foundation Four-weekend yearlong program in 2010. Reservations are necessary.

*Please call for information and a map to the teaching room,
415-331-5050.*

Visit our website www.angelesarrien.com for our monthly Reflection and Practice



San Francisco-Bay Area Four-Fold Way® Programs

Classes Start 2010!

THE FOUR-FOLD WAY® educational programs are designed to increase your respect for nature, each other, and enhance your ability to work collaboratively in your family & profession. The programs provide time-honored tools, practices, and skills that develop & strengthen leadership, team building, and communication skills. By using the four universal principles and archetypes listed below, participants learn how to be more effective both personally and professionally. Both the Four-Weekend and In-depth programs include a solo Wilderness experience on 300 acres of ceremonial land in Northern California during the third weekend. Research demonstrates that solo time in Nature for 3 days & 2 nights provides a significant healing and transformative experience for anyone from adolescence throughout adulthood. Over 6,000 people nationally & internationally have benefited from these life-changing wilderness experiences with Angeles and her Base Camp Crew.

- *Show up and choose to be present*
THE WAY OF THE WARRIOR/LEADER
- *Pay attention to what has heart and meaning*
THE WAY OF THE HEALER
- *Tell the truth without blame or judgment*
THE WAY OF THE VISIONARY
- *Be open to outcome, not attached to outcome*
THE WAY OF THE TEACHER

The Four-Fold Way® Foundation 4-Weekend Program Sausalito, CA

Feb 19-21, 2010	The Way of the Warrior
April 16-18, 2010	The Way of the Healer
June 3-6, 2010	The Way of the Visionary & Wilderness Experience
Sept 17-19, 2010	The Way of the Teacher



THIS PROGRAM EXPLORES the fundamental concepts, skills, and applications of universal ethics and experiences shared by humanity. Participants will explore and develop cross-cultural skills, gleaned from both modern approaches and ancient traditions, that can increase human effectiveness and excellence. In modern times, with our deep ecological concerns and the need for change, we can benefit from these ancient wisdoms and apply them in contemporary contexts. In addition, the program addresses the principles of the Four-Fold Way. It includes the four ways of honoring self and indigenous cultural systems: The Warrior, Healer, Visionary and Teacher.

Pre-requisite: Introductory evening Cost \$1850. Attendance at all four weekends is required to enhance personal and collective learning.

The Four-Fold Way® In-Depth Year-Long Program—Sausalito, CA



Wednesday evenings, starting January 27, 2010
6:30 – 8:30 pm

THE IN-DEPTH PROGRAM provides cross-cultural skills designed to increase effective communication, leadership, conflict resolution, and character development. The year focuses on self-trust, self-responsibility and a commitment to compassionate service. This work requires shifting the allegiance from fear and pride to the full expression of our gifts and talents to make a meaningful contribution to families, organizations and communities.

Pre-requisite: Foundation Year-long. The class meets for twenty two evenings. Please check the website for meeting dates. Cost: \$1850

Save The Dates!

The Four-Fold Way® August 5-day Intensive

August 16-20, 2010

Theme: The Four-Fold Way: The Path of the Warrior, Healer, Visionary and Teacher

The Four-Fold Way® In-Depth 12-Day Residential Retreat

October 18-30, 2010

Theme: Communication, Mediation, and Conflict Resolution Skills for Personal, Professional, and Relational Growth

Payment plans and CEU credits for MFT, LCSW, and California Board of RN licenses are available for most programs. The Continuing Education Credits are given through the Institute of Transpersonal Psychology, Palo Alto, CA.

Angeles Arrien, PO Box 2077, Sausalito, CA 94966, 415-331-5050, fax 415-331-5069. Please visit our website for the monthly Reflection and Practice and calendar of programs: www.angelesarrien.com

*To pre-register for a program or for more information, please call 415-331-5050