

George Mason University's



Center for Consciousness  
and Transformation

# Writing and the Contemplative Mind

Come and explore the interface of writing with contemplative and mindfulness practices. Learn from experienced writers whose lectures and workshops will describe their personal experience with meditation, spirituality, and the contemplative mind. Meet and learn from writing colleagues who share your interest in how writing is linked to consciousness and transformation.

## Keynote Presenters will include:

- Poet and essayist **Jane Hirshfield**
- Author, NPR radio contributor, and professor **Alan Cheuse**
- Author, scientist, and professor **Michelle Franci**

## Break-out session topics will include:

- Introduction to the Progoff Journal Method
- Deepening Your Practice of Contemplative Methods
- Using Secularized Zen Koans in Writing

**Dates:** Friday, October 21, 2011 (2:00 pm)  
through Saturday, October 22 (3:30 pm)

**Location:** The Mason Inn on the campus of  
George Mason University Fairfax, VA  
Free parking for participants

## Costs (tuition, meals, snacks):

- Before September 10, 2011: \$195
- On or after September 10, 2011: \$245
- Special room rate at Mason Inn available

**To learn more:** Call 703-993-6090; Email [infocct@gmu.edu](mailto:infocct@gmu.edu)  
Visit [www.writing-contemplative.com](http://www.writing-contemplative.com)

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