



Pathwork Vermont

Introducing a series of three full-day, self-exploration workshops
with Pathwork Helpers
Cynthia Shaw and Whitney Bellingham.

“The realization of your spiritual self, with all its joy, safety,
and peace, is right “behind” the sadness and pain...” (#190)

Rise to Consciousness

Find Your Ground



- ☉ Guided Meditation
- ☉ Pathwork Lecture Study
- ☉ Group Process



Jan. 24 Relationship to Self

Feb. 7 Relationship to Other

Feb. 21 Relationship to Spirit

Saturdays 9am to 4pm

Fee: \$375 (for full 3 day experience)
To register: whitneycb0712@comcast.net
Location: From the Ground Up Yoga, Pawlet
Vermont

