

# THE INNER PATH



## Strengthening Foundations of Meditative Practice and Inner Development

### A workshop with Lisa Romero

This **workshop** is likely to be of interest to those who wish to begin an inner practice and those that have taken one or many steps on this transforming path.

Each of us already has certain capacities but we need to strengthen them in order to be able to make use of them. Developing ourselves affects not only our own lives and the decisions we make but also affects the lives of others around us. This workshop will include several exercises and meditations that will help cultivate and understand the fruits of the inner work.

Through understanding the inner path we can gain insight into our individual relationship to the various steps that are asked of us and recognise how to utilise the inner exercises that both develop and support our onward journey. By seeing the path that all must take we can objectively evaluate our next step and learn how to work healthily from each stage.

**Saturday 14th April 10am - 4pm**

**Venue: Edinburgh Rudolf Steiner School, Spylaw Road, Edinburgh, EH10 5BR  
Cost £40/£30 (Concessions) (£75/£60 for all 3 events)**

For further information/registration please contact [edinsteiner@gmail.com](mailto:edinsteiner@gmail.com)  
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