



THE SACRED *way*

AWAKEN YOUR INNER WISDOM

Join a soulful circle of seekers on a journey of deeper spiritual understanding, healing and transformation.

Through Hillary McBride's powerful book *Holy Hurt*, we'll explore the sacred edges of pain and growth. Expect rich conversation, guided meditations, grounding embodiment practices, and heartfelt community.

Whether you're looking to deepen your self-awareness, cultivate compassion, or simply walk alongside others with courage and curiosity—this group is for you. Let's grow, reflect, connect, and evolve together!

6 Summer Sessions \$25 each

(purchase *Holy Hurt* by Hillary McBride wherever you buy books)

Friday Mornings 9:00 - 11:00 am
June 13, 27, July 11, 25, August 15, 29

Monday Evenings 6:30 - 8:30 pm
June 16, 30, July 14, 28, August 11, 25

Spaces are limited - Sign up now to reserve yours!

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theartwaysa.org