

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:

Show up and choose to be present
THE WAY OF THE WARRIOR/
LEADER

Pay attention to what has heart & 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 the outcome
THE WAY OF THE TEACHER

Indigenous cultures speak of four initiatory areas in Nature where you can experience healing, growth, transformation, integration and recovery of the human spirit: the deserts, mountains, waters (rivers, lakes, oceans) and deep forests. In the forest, one experiences a quiet opening, healing and deepening of one's own inner nature. It is a profound place for reflection, integration, insight and spiritual deepening.

Several of the **Four-Fold Way®** programs include a solo Wilderness Experience on ceremonial land in northern California. Research demonstrates that solo time in nature for three days and two nights provides a significant healing and transformative experience for anyone from adolescence throughout adulthood. Over 6,000 people nationally and internationally have benefited from these life-changing experiences.

Four-Fold Way® Introductory Evenings

Nov. 15, 2011 · Dec. 6, 2011 · Jan. 18, 2012 / 6:30-7:30pm

Please join Angeles for a Free Intro Evening to hear more about the Four-Fold Way programs for 2012. The evenings are open to all new and old participants. Please invite your family, friends, colleagues or anyone who might be interested in the learning more about the Four-Fold Way programs. Attendance at a free intro evening is required to begin the Foundation Programs in 2012.

Please call to pre-register and get directions: 415-331-5050.

Residential Programs

At Stillheart Institute, Woodside, CA

The Four-Fold Way®
August 5-day Foundation

August 13-17, 2012

Four-Fold Way® In-Depth
12-Day

October 15-27, 2012

Theme: Communication, Mediation, and Conflict Resolution Skills for Personal, Professional, & 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.

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**



Angeles Arrien

Four-Fold Way Programs® 2012



Four-Fold Way® 4-weekend Foundation Program

Way of the Warrior: Feb. 24-26, 2012

Way of the Healer: April 27-29, 2012

Way of the Visionary and
VisionQuest: May 31-June 3, 2012

Way of the Teacher: Sept. 7-9, 2012

This program is an excellent series for personal and professional development, and for anyone facing transition in work, relationships, health and finances.

Four-Fold Way® In-Depth Yearlong Program


Starts Jan. 25th, 2012

This program meets for 20 evenings and includes a wilderness experience May 31-June 3, 2012. *Pre-requisite:* a Four-Fold Way Foundation program with Angeles.

Four-Fold Way® 5-day Intensive Program

March 5-9, 2012

This non-residential week-long program is a wonderful alternative to those who are not able to attend a 12-day In-Depth Residential program and would like to go deeper in their learnings and integration in the Four-Fold Way!



Angeles Arrien
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Sausalito, CA 94966

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For registration or more information call 415-331-5050

Please contact the office if you want your name removed from the mailing list, 415-331-5050.