



Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room \$ 495
Shared room \$ 430
Commute \$ 300

IF YOU NEED FINANCIAL ASSISTANCE,
PLEASE COMPLETE THE ONLINE
FINANCIAL ASSISTANCE FORM

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport
and 30 minutes outside the city.

The campus is near the Wallingford train station.
Take the SEPTA Media/Elwyn line from
Philadelphia and call for a pick-up.



338 Plush Mill Road
Wallingford, Pennsylvania
610-566-4507, ext. 137
www.pendlehill.org

FEBRUARY 21-23, 2020

Embracing Our Inner Critics: A Pathway to Inner Strength and Peace

A workshop with Dana Mitra

We seem more inclined to hear the voices of our inner critics than we do to listen to our inner mentors — our inner champions. This workshop helps us to move from resisting our critical voices to learning how to transform them and incorporate them into a powerful strong sense of inner knowing and deep sense of our own worth. It will explore using such tools as guided mediation, journaling, collage, sketching, and discussions. Activities will also increase awareness of how to tap into wisdom from the body and how it is different when it is located in different places—the gut, the heart, the head, the feet, the hands.

Dana Mitra is an empowerment coach who focuses on helping others find their purpose, seek balance and harmony, and increase their productivity. She holds a Stanford University Ph.D. focused on leadership and organizations, is a professor of Education Theory and policy at Penn State University, a member of the International Coaching Federation, and received her coaching training from the Coaches Training Institute—the gold standard in coaching.

Dana builds her coaching on a research career focused on how people can find their voice and become change agents. She is an international expert on student voice and civic engagement, having published over 30 peer-reviewed articles and four books. A member of State College Friends Meeting, she finds her greatest truths on a long hike in the woods.



PENDLE HILL
A Quaker Study, Retreat, and Conference Center