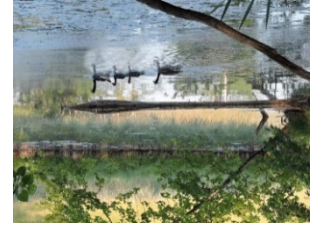




Claymont Society for Continuous Education

**Work Weekend
March 7-10, 2024**

"Sensation and How does it Grow"



"No growth of being will take place without a corresponding growth in sensation"

What is sensation and how does it grow? How do we open ourselves to its presence in our bodies? Can I learn to bring it with me into my ordinary life, the walking, the talking, and all the other daily activities? On this weekend we will try to look into questions like these as we study one of the foundational practices of the 4th Way.

We plan to make this weekend very collaborative, a deep conversation and experimentation among friends. We will work with some exercises with a long history and some that arise from our immediate personal experience and we will look as well at some of the obstacles we encounter along the way.

The staff will provide some of the teaching material and participants will provide material that arises from their own efforts. We can be motivated and guided by theory and the words of our teachers but our own experience is the raw material of inner growth.

We hope this weekend will enhance our understanding of sensation and strengthen its role in our work.

Also, if you are interested in learning about the 4th Way and do not have much experience with the practice of sensation you are still very welcome to attend.

Activities for the weekend will include guided sittings and explorations, movements, practical work, and inner sharing. You are cordially invited to join us in our work and exploration.

The weekend will begin with dinner at 6:30 pm on Thursday March 7 and end after lunch on Sunday March 10. All activities will be at the Great Barn.

Suggested donation for the weekend is \$195 if you are staying overnight at Claymont and \$95 if you are not staying overnight at Claymont. However, do not let the cost prevent you from participating, financial assistance is available.

For more information and to register please contact, the registrar, Amy Silver at Claymontgathering@hotmail.com.

For more information about the Claymont Society go to www.society.claymont.org