

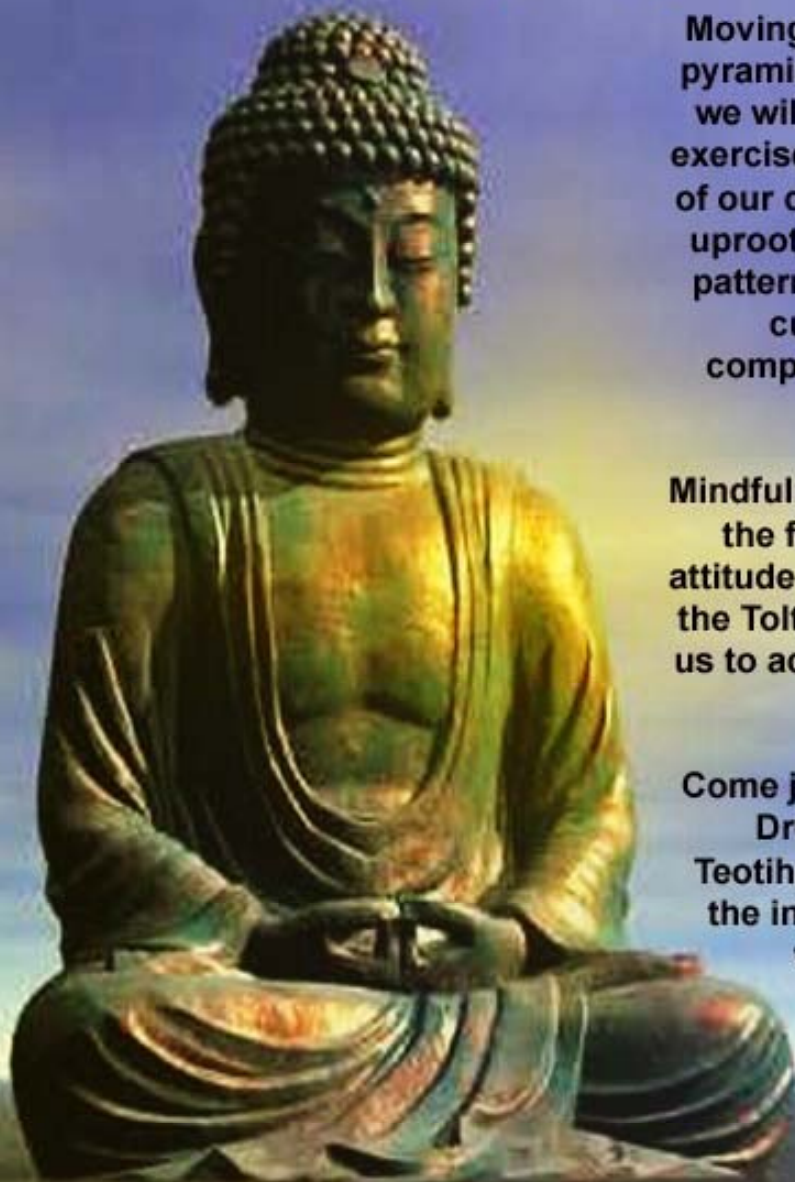
# December 2-7

## Between the Worlds –

### A Toltec/ Buddhist Journey of Awareness

*with Kevin Griffin, Lee McCormick, Emily Grieves & Marisa Smith, MA*

**How does spiritual transformation happen?  
Toltec Wisdom and Buddhist teachings agree that  
awareness is key to any change.**



Moving through the ancient pyramid site at Teotihuacan, we will work with powerful exercises that go to the route of our clinging, helping us to uproot destructive habitual patterns and beliefs and to cultivate wisdom, compassion, and a joyful presence.

Mindfulness practices will lay the foundations for our attitude of engagement, while the Toltec practices will help us to access our inner vision and power.

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