

Vickie MacArthur. Vickie describes herself as “a lifetime pilgrim on the spiritual path of everyday life.” As a minister, spiritual director, yoga and meditation teacher, she walks an inter-spiritual path that honors the depth of her Christian, Buddhist, and yogic traditions. Living into her spiritual name, “Divine Oneness of the Heart”, Vickie is passionate about building bridges between traditions, and creating new kinds of spiritual communities, beyond the confines of religion.

Vickie’s writing and teaching integrates embodied awareness, breath and spirituality to help bring a sense of healing and wholeness to all aspects of life. In her classes and retreats, Vickie teaches the “art of slowing down and listening deeply” to ourselves, to each other, to our planet, and to the Great Mystery that holds us all. She offers smaller, personalized yoga and meditation classes to help deal with stress and anxiety, and to manage chronic pain and other health challenges. She also offers private spiritual companioning for those who want to explore the deeper questions and complexities of life in an open and inclusive way.

For more info, or to book an appointment, go to www.spiritinmotionyoga.com.

Watch for Vickie’s upcoming spiritual memoir *A Lotus On Fire: How A Buddhist Monk Ignited My Heart*. More info at www.vickiemacarthur.com.