

A Taste of Nurturing Spirit Schedule

Friday September 16th

A Taste of Nurturing Spirit retreat - Calgary Community of Christ 112 - 422 11 Ave SE, Calgary AB T2G 0Y4

6pm Arrive at church 112 - 422 11 Ave SE, Calgary AB T2G 0Y4

7pm Welcome and Introductions – Debra Donohue

7:30 Listening Groups – Debra Donohue

8:00 Instructions on Journaling – Alyona Brivkina

8:05 Opening Drum Circle – Jan Hornford

8:35 Journaling

8:45 Q&A time

9:00 Goodnight

Saturday September 17th

Calgary Community of Christ 112 - 422 11 Ave SE, Calgary AB T2G 0Y4

9:30 Doors open coffee and muffins

9:45 Welcome explanation of the day – Debra Donohue

10:15 Short meditation to welcome and centre us – Barbara Ptak

10:30 Crystal Bowl Sound Healing – Denise Swick

Journaling (10 minutes)

11:40 Outdoor Meditative Walk with Rhonda Clarke and Debra Donohue

Journaling (10 minutes)

12:45 Lunch – Provided

1:15 Soul Blueprint – Barbara Ptak

Journaling (10 minutes)

2:30 Movement & Music – Rhonda Clarke

Journaling (10 minutes)

3:30 Snack Break (15 minutes)

3:45 Listening Groups – Debra Donohue

4:30 Gather as large group, sharing time

5:00 Closing Drum Circle