

woods, water and spirit

May 15-17

Fri. evening to Sun. 1:00pm

This is a retreat of inward and outward exploration for anyone who finds the Divine in nature and in your inner self. While enjoying experiences of exploring nature, we will learn the art of seeing deeply into the small experiences of the environment: seeing, noticing, feeling, expressing, understanding and applying our insights to our lives. Using techniques of contemplation, we will discover and explore symbols as powerful guides on the inner journey.



Rev. David Howells is a spiritual director, pastor, potter, and parent. David studied theology at Durham and Oxford Universities and is an ordained minister in the Anglican Church. He received spiritual direction formation at Loyola House in Guelph, Ontario and through the Guelph Guild of Spiritual Direction (1992-2008). He has offered spiritual direction to people of many denominations and backgrounds for the last 16 years.

All-inclusive live-in fee: \$334 | Queenswood sabbatical: \$132

Bursaries may be available for all Personal Retreats and Retreat Programs



queenswood
revitalize your spirit

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—drop-in classes—

- free for those on retreat
- public drop-in fees noted below



	sun.	mon.	tues.	wed.	thurs.	fri.	sat.
8:00-9:00am			Yoga (Giancarlo)	Yoga (Kathleen)	Yoga (Giancarlo)		
9:00-11:00am	Zen Meditation						
11:00am-noon			Christian Meditation	Yoga (Elke)			Guided Art Studio
1:00-3:00pm	Zen Meditation	Nonviolent Comm.					
4:00-5:00pm			Guided Art Studio			Yoga (Giancarlo)	Yoga (Kathleen)
5:00-6:00pm		Women's Prayer					
6:30-7:45pm				Yoga (Andrea)			

Schedule valid Jan. - Apr. 2009. Please see website or pick up a new program guide for the May - Aug. and Sept. - Dec. schedules.

yoga

Find renewed health in mind and body. Hatha yoga focuses on specific postures in combination with controlled breathing and is perfect for beginners. Teachers: Giancarlo Rizzo, Kathleen Kovach, Elke Schluffer and Andrea Baudic. \$8/class or punch card (\$70/10 classes) available at office.

zen meditation

Zen meditation teaches a mindfulness that excludes neither ordinary nor extraordinary experiences and how to integrate the beneficial potential of each moment. Beginners are always welcome. By donation.

women's prayer and meditation circle

Learn a variety of guided meditation styles in communal prayer and silence. This practice has a focus on being in right relationship with the Divine, one's self, others, and the universe. By donation.

guided art studio

Explore your life journey and spirituality through artwork. With the guidance of an experienced spiritual director or counselor, the Guided Art Studio class helps you make use of this creative tool to benefit your own self-understanding. \$8/class or punch card (\$70/10 classes) available at office.

christian meditation

Come and sit in sacred stillness. This way of becoming free is an old tradition within the Christian spiritual practice. Sit quietly, listen to chant, hear a short taped talk and then enter into 30 mins. of silence. No charge.

nonviolent communication

Learn respect for yourself and others in conflict situations through Marshall Rosenberg's Nonviolent Communication (NVC) with Carla Munro, a Certified Trainer candidate. \$15/class; please pay instructor. Please note that NVC will only run Jan. 5-12, resuming again on Apr. 20.