

Mail cheque and the following
information to

Cheryl Kinney Matheson
115 5th St. Kenora, P9N 2A2

by March 10th

Name:

Phone:

email address:

Circle Sessions you plan to attend

A B C D E F

Deb's roots in yoga, meditation and eastern spirituality go back to the 1960's. She is a certified yoga instructor (Yoga Center Winnipeg 2003) and teaches meditation in the Tibetan Buddhist tradition. Deb has studied with a variety of internationally renowned teachers.

Cheryl has been an Ordained Minister within the United Church of Canada for 28 years. She is a member of Spiritual Directors International and an Instructor with Prairie Jubilee, a program for Spiritual Direction (U of W).

Dress: Loose, comfortable clothing

Bring thick socks or slippers

Bring Yoga mat, blanket, meditation
cushion or bench if you have them
(some mats, cushions, chairs will be
available...)

let us know what you need)

Bring a journal and pen
and a water bottle for filling at Knox

Consider bringing your lunch and stay
to relax and enjoy it in a quiet setting
to maintain the sense
of peace and calm
you will create within
following your practice

For more information contact:

Deb

deb_ramsay@yahoo.ca

Cheryl

matheson@kmts.ca

SPRING AWAKENING



A Contemplative Day of Retreat

with

Deb Ramsay

and

Cheryl Kinney Matheson

Saturday, March 22nd, 2014

Knox United Church

Resting in the nature of your being



"Like the seeds
dreaming beneath the snow your heart
dreams of spring"

Kahlil Gibran

Yoga? Meditation?
Sacred Reading? Labyrinth Walk?

These sessions are a perfect opportunity
to receive some instruction
and taste the experience
in a quiet and supportive setting

Choose 2 or 3 sessions
or attend all 4 if you wish

\$20 non-refundable fee
Proceeds will be donated to the
Kenora Fellowship Centre

**An invitation to slow down and shift from the doing mode to the being mode.
An opportunity to discover and explore the ancient arts of meditation, labyrinth walk,
yoga and lectio divina (sacred reading) in a peaceful, unhurried setting.**

**Give yourself the gift of a spring day to rest in the very nature of your being
while experiencing beautiful practices that inspire and refresh the body, mind and spirit.
Celebrate spring by planting seeds of peace and kindness in your inner garden.**

9:30 to 9:45	Welcome & Introduction
9:45 -10:45	Session A: Meditation
10:45 -11:15	Refreshment Break
11:15 - 12:15	Session B: Yoga Session C: Labyrinth Walk (Choose B or C)
12:15 - 1:30	Lunch Break
1:30 -2:30	Session D: Meditation (repeat of morning session) Session E: Lectio Divina-Sacred Reading (Choose D or E)
2:30 -3:00	Refreshment Break
3:00 - 4:00:	Session F: Labyrinth Walk (repeat of morning session)

