

Deepening the Well

- Do you feel disconnected from your Self?
- Are you caught up in the busy-ness of day to day and neglect that which nourishes you?
- Do you long to be witnessed and seen for who you are?

In the busy-ness of day to day life it often feels as if there isn't enough time for ourselves.

Come, take time to slow down and reconnect.

These sessions are a space to honour or sacred selves in the presence of others. Join like-minded people in this fun, safe, relaxing environment.

Please bring a Journal for writing and/or drawing.

February 7 – Connecting with Spiritual Guidance We all have the ability to connect with guidance. Whether it comes

through angels, animals, our ancestors or another form unique to us. Come with questions for your guides and/or an intention to know more about yourself or your life.

February 14 – Symbols, the language of the unconscious, offer us a gateway to understanding deeper levels of our self. Bring value and meaning to your life through the exploration of symbols. **Bring a symbol that represents some aspect of where you are at on your journey.*

February 21 - Drum Journey, the first tool of the Shaman. Allow the heart beat of the drum to move you into the Sacred place of your heart. Connect with your spiritual guidance through totem and power animals.

February 28 – Mandalas, the arche-typal image signifies the wholeness of Self. Come create a Mandala and learn about your self and see how it reflects some aspect of your inner world.

**To speak with the facilitators:
Heather 403-461-9153
Marsha 403-542-7868**

Workshop Facilitator

Heather Faris, BFA, CAHP, is a Director for the ARC Institute and has been in private practice as an ARC Bodywork Therapist since 2003. Heather brings to her work a wealth of experience evolving out of a commitment to her own creative healing process and spiritual journey.

Over the last nineteen years she has studied and explored various healing arts including Hakomi, Reiki, Animal Communication, Kabbalah, Creative Visualization, Authentic Movement, and Journey Work.

Heather is passionate about working in circle and uses it as a creative vessel to offer workshops. She has developed and facilitated Corporate Circle Workshops for *lululemon athletica*, Calgary, and is creator of the ARC Circle Workshops.

For more information about Heather visit:

www.thearcinstitute.com

www.spiritualdirections.com

Workshop Facilitator

Marsha Read, BEd, CHTP/I, EMSCT, Orff Specialist, is a teacher and musician who has explored music and women's spirituality for many years.

She designs events for all ages which include speech, singing, instruments, movement, story telling and community building.

Marsha is proficient in leading chanting, drumming, choirs and instrumental groups.

As a musicologist, she invites you to find your voice and explore the rhythm of your life.

Marsha is a Certified Healing Touch practitioner and instructor, as well as an Energy Medicine Self Care teacher. She also does healing work with individuals in her private practice.

For more information on Marsha visit:

www.soundbalance.org

Spiritual Directions Centre

1407 - 10 Street S.W.
Calgary, Alberta, T2R 1E7

**4 Tuesday Mornings
February 7-28, 2012**

10:00am-12:30pm

Cost: \$140.00
or \$45.00 per evening

For more information or to
register contact us:

Phone: 403-210-2802

teaching@spiritualdirections.com

www.spiritualdirections.com



*Spiritual Directions is a registered,
not for profit society.*

Deepening the Well



slow down,
deepen within
through sitting in circle,
engaging in art, meditation,
journey work and writing



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