



Leadership:

Joy Onyschak, Winnipeg, MB, a yoga teacher inspired by a combination of **Philosophy**, the elegant alignment principles of **Anusara Yoga, Ayurveda** (Indian/Yogic Health System), **Mindfulness Meditation**, and her roles as a mother, wife, house-holder and community member.



Sandy May, Beausejour, MB, a Nurse Practitioner by profession, and a student of meditation who leads a community meditation group in Beausejour.

Shelly Manley-Tannis, Winnipeg, MB, a Spiritual Director and Ordained Minister who wrestles daily with living in a busy world and longing for stillness.

Location: Little Britain United Church is just 20 minutes north of the Perimeter, nestled in the oaks along the Red River.

Date & Time: Sat. Nov. 7, 9:30 am – 4:30 pm

Cost: \$50 – includes snacks & lunch, session leaders & materials. By cash or cheque payable to LBUC.

Registration: by October 26 – limited space*

Bring: yoga mat if you have one, indoor footwear, journal.

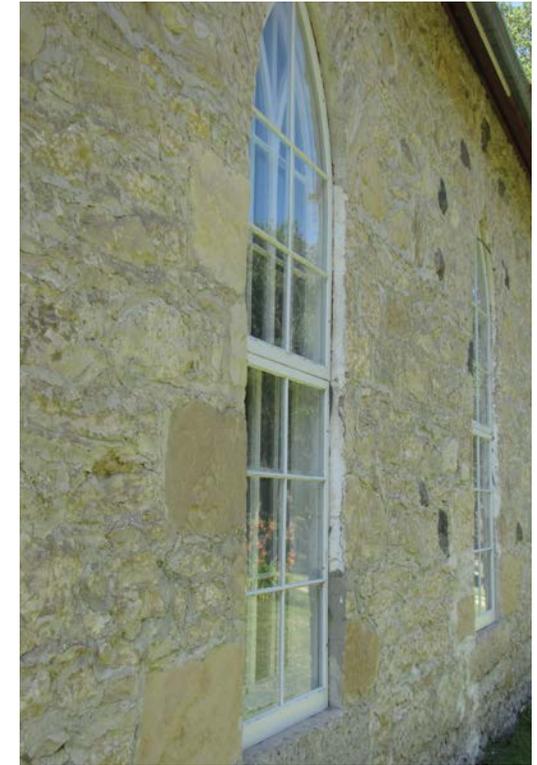
Wear: comfortable clothing

***Please REGISTER your Name, Contact Info, Dietary Needs, & any physical limitations (are your comfortable getting up & down from the floor? If not, we can accommodate that):**

Find the form on our web-site:
littlebritainunitedchurch.ca or phone
204.757.2489 or mail: 5879 Hwy #9,
Lockport, MB, R1A 2P7



STILLNESS RETREAT DAY
Little Britain United Church



STILLNESS RETREAT DAY

Saturday, November 7, 2015
Hosted by Little Britain United Church



Stillness: what is it?

Some questions we will explore:

Can stillness happen when we are moving?

What does quieting the mind actually mean?

How might it connect with my current faith practices?

I hardly move though really I'm traveling a terrific distance.

Stillness. One of the doors into the temple. – Mary Oliver

Stillness: How do I do it?

Some concerns we will touch on:

My life is busy – how does stillness become a regular habit?

Meditation is too difficult – my mind races...

It's too boring (or frightening or stressful, etc. etc.!))

What are some simple ways I can try it?

“Be still and know” – the Psalmist

“Be still” – Jesus of Nazareth

Stillness: Why practice it?

Some ideas we will consider:

Stillness changes the world

It can bring many health benefits

Greater self-understanding & better choices

Solitude, boundaries & embracing our shadow can be gifts to ourselves



Who is welcome?

Youth or adults (16+) - secular or any tradition - who wish to experience stillness

Those who may be nervous about stillness

Those who would like a relaxed day 'away'

What will the day be like?

Relaxed & Spacious

There will be both time in group sessions & unstructured moments on your own

Gentle movement (all abilities), music, time for creativity & practice of stillness

Lunch at 12:30 & nutritious snacks throughout the day

