

**First Saturdays of the Month
A Wellness Spirituality Retreat:
"Finding God in All Things"**

10:00-12:30 pm (Sign-in 9:30 am)
Each Saturday Session: \$40.00
(Special Series Price: \$150.00)

Place: Station House Building
900 Haddon Avenue - Suite 422, Collingswood, NJ

**Saturday, 1/5/08
Stress Management for the Body, Mind and Spirit
with Brenda Sorrentino**

This program will help you get in touch with your inner healer and helps develop your unique approach to becoming a healing transforming presence. We will discuss the harmful effects of stress and techniques to help you immediately reduce your stress level. You will receive a stress management toolbox, filled with a variety of "tools" and techniques to use almost anywhere and any time to create positive changes.

**Energize With A Total Body Workout
Debbie Jankowski**

This session includes: a discussion on the benefits of exercise, starting and sticking with an exercise program, the components of fitness such as muscular strength and endurance, cardiovascular fitness, flexibility and body composition. Session will end with a short exercise segment. Also includes blood pressure screening and stress management assessment.

**Saturday, 2/2/08
Nourishing the Body, Mind and Spirit With Food!
Kathryn Friedman**

Our choices surrounding food - both what and how we eat - play a large role in our ability to live our best life. Reflect on your personal food rituals and learn about healthy choices and lifestyle changes that will improve your health and wellbeing.

**Relaxation: Hearing the Mind, Feeling the Body,
Dancing the Spirit
Dr. Frank Pileggi**

This workshop will help those unable to let go of the world. We will focus on how to allow your body to relax and regain its balance with the earth, focusing on the present moment and concentrating on the self. This exercise will allow you to hear your thought, feel your body find its center and let your spirit dance with joy.

**Saturday, 3/1/08
Art-Journaling:
A Wellness Tool and Meditative Journaling Practice
Marianne Hieb, RSM & Helen Owens, OSF**

The morning will begin with quiet prayer and gentle stretching exercises. Using simple art-materials, gazing, and written journaling, participants will explore a two-part Life-Elements/Life Dynamics exercise with Art-Journaling. Meditation will enable you to gaze at your life and notice graced movements. Ways of continuing to develop an art-journaling practice will then be presented.

**Saturday, 4/5/08
Foot Reflexology and Gentle Yoga
Michelle Carlino**

Bring a friend and learn some basic foot reflexology techniques to relax and balance the body on all levels. The Gentle Yoga will be an experience of stretching and breathing with a prayer theme.

**Saturday, 5/3/08
Mindful Meditation Practice
Ruthann T. O'Mara, SSJ**

In our busy lives we need to take time to renew and refresh! Be re-energized in body, mind and spirit. Session will include input, prayer experiences, relaxation practice and small group discussion.

2nd Saturdays ~ Poetry Circle

**Meets every 2nd Saturday from 1:00-2:30 pm
The Little Portion, 1049 Haddon Ave, Collingswood.
Facilitator: Elizabeth Warner, MSLS, AHIP
FREE!**

Gather to consider, to compose and share poetry as creative healing expression. The emotional, the sacred, the spiritual and all that is human are the "stuff" of poetry. Come and experience poetry as praise, thanksgiving, celebration and grace. Call to register. (856) 869-3125