

Each Session you will choose one of the available workshops

Workshop 1:

Personal Transformation through Myofascial Release Therapy
Randy Olson, PT

Watch Your Mouth:
Food ethics and the discipline of awareness
Rev MargaretAnne Overstreet

Christian Yoga: Where Soul Meets Body
Rev. Meghan Davis

Workshop 2:

Contemplation and Creativity
Rev. Trey Everett

Contemplation: Positive ‘side effects’ on depression and anxiety
Rev. Emily Meyer

God in Blood: A Theoretical Connection between Light-Body Microorganisms in
Blood and Life Energy Chi
Valerie Lis, MA

Primary Care Integrative Medicine
Debra Bell M.D.

Workshop 3:

Contemplative Kids - Creating Contemplative Space, Raising an Eco-Justice
Seeker
Rev. Emily Meyer

Primary Care Integrative Medicine
Debra Bell M.D.

Watch Your Mouth:
Food ethics and the discipline of awareness
Rev MargaretAnne Overstreet

God in Blood: A Theoretical Connection between Light-Body Microorganisms in
Blood and Life Energy Chi
Valerie Lis, MA

Workshop 4:

As Above and So Below: Correspondences Between
Science and Spirituality with a Focus on the Heart
Katherine Swenson M.D.

Contemplation and Creativity
Rev. Trey Everett

Christian Yoga: Where Soul Meets Body
Rev. Meghan Davis

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Randy Olson, PT