

Spa for the Soul

Quiet Meditation Series

Deepening Your Personal Spiritual Life

Date: Saturday, May 9, 2009

Time: 10:00 AM - 3:00 PM

Location: Trinity Church / 74 Trinity Place, New York City

Facilitator: Westina Matthews, Ph.D.

Description

Come and receive support for deepening a personal spiritual life that is both prayerfully attentive and responsive to God's presence and guidance. You will experience meditation, prayer, journaling, and periods of silence; and leave with resources and suggested practices for listening and responding authentically to God in your everyday life.

About Spa for the Soul

Spa for the Soul is a meditation series presented by Trinity Wall Street exploring the many varieties of peaceful contemplation engaging heart, imagination, and body in relationship with God. All who seek peace and stillness are welcome, from any religious tradition or none, and with experience in meditation or not.

Registration & Fees

\$25 single workshop

Workshop fees include lunch

To register or for more information call 212.602.0800

For more information on Trinity Wall Street, visit www.trinitywallstreet.org