

WALKING THE MINDFUL PATH

SAT. FEBRUARY 25, 2023

8 AM - 4 PM

IN PERSON EVENT

COST: \$60

WOMEN OF FAITH

Cost includes breakfast, lunch, "Footfalls" book, and workshop materials

Register online at
www.galileecentre.com

Morning Session with Suzanne Doerge: Your Camino Path

Through her book 'Footfalls: Poems of the Camino', Suzanne will guide a reflection on your own spiritual path, drawing on her poetry and stories of walking the Camino de Santiago.

Afternoon Session with Tana Saler: Mindful Relating

Building on the practice of mindfulness, Tana shares practical ways to bring mindfulness to our relationships with others, using a blend of humor, movement, and connection.



Galilee Centre
The perfect spiritual setting, year round

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