

Art & Writing: An exploration of spirituality
Beading workshop: Crochet Rope Jewellery
Becoming An Everyday Mystic
Children's Spirituality
Creative Journaling
Crystal Bowl Meditation
Death Cafe
Dec 2017 Paint Night
Enneagram Workshop
Evolutionary Spirituality
Exploring Creative Breakthroughs
Exploring the Spiritual Wisdom of Thomas Merton
Feb 9th 2018 Paint Night
First Nation Legends: Stories For All My Relations
Gentle Yoga Fridays (10-Class Pass)
Gentle Yoga Fridays (Drop-In)
GUIDED MEDITATION WORKSHOP
I need a Silent Night...
Inner Peace in Uncertain Times
Intro to Essential Oils (Dec 2017)
Introduction to Attitudinal Healing
Introduction To Medicine Wheel Teachings
Islam Thought and Culture
Meditation @ Mill Lake!
Meditation and Mindfulness (Drop-In Session)
MEDITATION FOR KIDS!
Oct 2017 Paint Night
One World - Visions Past, Present, and Future
PAINT NIGHT: Campfire
Paint Night: Dreaming of Summer
Paint Night: Dusk at the Lake
Paint Night: Pond (Feb 23 @ 1pm)
Palestine and Israel.
Paradox of being an Everyday Mystic
Pilgrimage and Labyrinth in the local park
Powwow Drumming
Pysanky: Art of Ukrainian Easter Eggs
Sacred Space
Seeking Spiritual Spaces: Forest Meditation
Self Portrait Workshop
Sign Making (March 9 @ 9:30am)
Silent Retreat
Social Justice Music with the Strathdees.
Sound Meditation
Sound meditation event June 29th 1pm - 3pm

SPA Meditation

Spiritual healing sessions monthly.

Spiritual Renaissances: Spiritual Episodes in the drama of History (Lecture series)

Tai Chi

The Afterlife: A Multi-cultural Perspective on Death

The spirituality of Bread making and the food we eat.

The Underground Railway (Feb 16 @1pm)

Vision Board

Weekly Yoga