

Simply Alive!

Creative space for busy people - a four week course

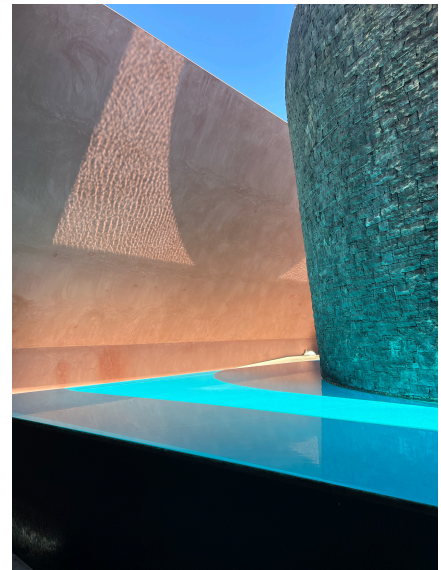
Come together with a small group of spiritual companions to rest, play and explore your body's wisdom through silence, art, poetry, music, movement, and storytelling.

Led by Susanna Pain -

spiritual director, creative, dancer, retreat leader, InterPlay Facilitator; Senior Associate: Community, Spirituality, and the Arts at Benedictus Contemplative Church;

When? 2.00pm-4.00pm Tuesdays in May 2024

Where? Benedictus Contemplative Church at St Ninian's, Brigalow St, Lyneham



Cost? donation to Benedictus

Information and expressions of interest:

susannapain63@gmail.com or mobile: 0418 637 469

donations to Benedictus Contemplative Church. BSB 633 000;
Account No. 153841135; Ref. Surname_Alive

<https://benedictus.com.au/>



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