

# Women and Spirituality Conference

*For adult women of all ages and beliefs*

**March 21, 2009  
8:30 AM to 3:15 PM**

North Shore Senior Center  
Northfield, IL

Thirteen different workshops offering various ways of connecting with spirit will be given by experienced and dynamic presenters. The schedule allows for two 90 minute workshops in the morning and one 90 minute workshop in the afternoon. Lunch is included. Cost for the Conference is \$75.00. 5 CEU's - \$15: LSWs, LCSWs, LPCs, LCPCs.

## **ARCA™**

Awareness\*Responsibility\*Choice\*Action

*Sharon Bussell, LCSW*

## **Introduction to the Chakras**

*Ramaa Krishnan*

## **Meditation and Visualization:**

Seeing with our Eyes Closed

*Pamela Holtzman, RN, LCSW*

## **Sacred Contracts:**

A Tool for Reading your Soul's Compass

*Heath Missner*

## **Enneagram**

Understand Yourself and Relationships

*Harriet Porter, LCSW, BCD*

*Antoinette Saunders, PhD*

## **Journaling**

*Judi Geake, MS*

## **Grief Relief**

*Deneene Florino*

## **The Resilient Spirit:**

Embracing Change and Living with Uncertainty

*Judith Perlman, LCSW*

## **Dancing Through Life**

*Christina Ernst*

## **Flower Essences:**

Nature's Support to Balance the Emotional Field

*Deborah Werner*

## **Maximize the Human Experience**

Learn to Live Consciously Connected!

*Cari Jacobson, DC*

## **Spiritual Direction: A Tool for the Journey**

*Lucy Abbott Tucker*

## **Soul Visioning™**

A guided process based on her book, "Soul Visioning"™

*Susan Wisheart, MS, LMFT*

Please call the North Shore Senior Center

for registration information. [www.nssc.org](http://www.nssc.org)

Refer to class # N5891A 847-784-6030

Details and registration form at [www.spiritualtransformations.org](http://www.spiritualtransformations.org)

Click on *calendar* for Conference information.

## **Schedule**

**March 21, 2009**

*Because of limited space,*

*please choose a first and second choice for each session.*

8:30—9:00	Registration
9:00—9:30	Introduction Opening Ritual
9:30—11:00	Workshop Session #1 A. ARCA™ B. Introduction to Chakras C. Meditation & Visualization D. Sacred Contracts
11:00—12:30	Workshop Session #2 A. Enneagram B. Journaling C. Grief Relief D. Resilient Spirit
12:30—1:30	Informal Networking Lunch
1:30—3:00	Workshop Session #3 A. Dancing Through Life B. Flower Essences C. Maximize the Human Experience D. Spiritual Direction E. Soul Visioning™
	Closing Ritual

## **Transformations**

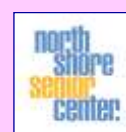
The Institute for Spiritual and Psychological Development  
Antoinette Saunders, PhD, Founder, Co-Director of Transformations  
Harriet Porter, LCSW, BCD, Co-Director of Transformations.



Transformations is an educational organization developed in response to the growing interest in spirituality outside of traditional religious institutions. The Institute offers workshops and classes open to the public as well as professionals. [www.spiritualtransformations.org](http://www.spiritualtransformations.org)

## **North Shore Senior Center**

NSSC provides programs, services, and assistance to more than 38,000 older adults and family members annually in 23



communities. The Center offers over 100 weekly activities including classes, trips, discussion groups, arts and music, performing arts programs, volunteer opportunities and a variety of social services.

[www.nssc.org](http://www.nssc.org)

### **Additional Sponsors:**

Westminster Place of Presbyterian Homes  
Evanston, IL

Whitehall of Deerfield Healthcare Center  
Deerfield, IL

