

Women and Spirituality Conference

For adult women of all ages and beliefs

February 27, 2010
8:45 AM to 3:30 PM

Conference held at
North Shore Senior Center, Arthur C. Nielsen, Jr. Campus
161 Northfield Road, Northfield, IL 60093 847-784-6030

Twelve 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 CEUs - \$15: LSWs, LCSWs, LPCs, LCPCs.

OPENING AND CLOSING RITUALS

Women's Ancient Nature-Based Rituals

Marge Grahame Graham

THE BIOLOGY OF SPIRITUALITY

Ramaa Krishnan, spiritual teacher

BRINGING CONSCIOUSNESS TO

OUR ADDICTIONS

Pamela Holtzman, holistic psychotherapist

LEARN THE LESSON OR REPEAT

THE EXPERIENCE

Holly Berman, life coach

RECOVERING YOUR INTUITIVE GENIUS

Nancy Creely, healing touch therapist

SHADOWS AND GRACES

Heath Missner, spiritual director

SECRETS TO HAPPINESS

Judith Perlman, holistic psychotherapist

WHAT IS YOUR SPIRITUAL IQ?

Antoinette Saunders, holistic psychotherapist

NUTRITION AND SPIRITUALITY

Cari Jacobson, holistic chiropractor

LIFE IN MOTION

Christina Ernst, dance teacher and choreographer

LISTENING: A Healing Balm

Lucy Abbott Tucker, spiritual director

TRANSFORMING YOUR

INNER CRITIC

Harriet Porter, holistic psychotherapist

INTRODUCTION TO EMOTIONAL FREEDOM

TECHNIQUE (EFT)

Carol Moss, spiritual psychotherapist

Please call the North Shore Senior Center
for registration information. 847-784-6030

NSSC Members can register on-line at www.nssc.org.

Refer to class # N5891A

Details and registration form at www.spiritualtransformations.org

Click on *calendar* for Conference information.

Schedule

February 27, 2010

Because of limited space, please register early.

8:15 - 8:45	Registration
8:45—8:55	Introduction
8:55—9:25	Opening Ritual • Marge Graham
9:30 - 10:55	Morning Workshop #1 • The Biology of Spirituality • Bringing Consciousness to our Addictions • Learn the Lesson or Repeat the Experience • Recovering your Intuitive Genius
11:00 - 12:35	Morning Workshop #2 • Shadows and Graces • Secrets to Happiness • What is your Spiritual IQ? • Nutrition and Spirituality
12:35 - 1:30	Informal Networking Lunch
1:30 - 3:00	Afternoon Workshop #3 • Life in Motion • Listening: A Healing Balm • Transforming your Inner Critic • Introduction to Emotional Freedom Technique (EFT)
3:05 - 3:30	Closing Ritual

Transformations

The Institute for Psychological and Spiritual 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

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, fitness, arts and music, performing arts programs, volunteer opportunities and a variety of social services. www.nssc.org



North Shore Senior Center, Arthur C. Nielsen, Jr. Campus
161 Northfield Road, Northfield, IL 60093 847-784-6030