

**The Gathering: Sharing Our Gifts  
Catalog of Offerings  
October 21, 2017**

Workshop ID	Workshop Title	Workshop Leader	Workshop Description
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**SESSION 1 10:00 AM TO 10:50 AM**

1.A	Qi Gong	Ellen Kirstein	Qi Gong is a gentle moving meditation. Sometimes referred to as "Chinese yoga," it is a traditional energy exercise practiced for many centuries by the Chinese for health, healing and disease prevention. Its purpose is to improve energy flow, regulate breathing, harmonize body and mind, reduce stress and prolong life. It is easy to follow and done mostly standing. We will do a few simple, basic qi gong movements, go through a 20 minute Therapeutic Qi Gong form and finish with some seated Healing Sounds Qi Gong.
1.B	Soul Collage	Nadine Lucas	"Originated by Seena Frost, SoulCollage® is a process for accessing your intuition and creating an incredible deck of cards with deep personal meaning that will help you with life's questions and transitions" (www.soulcollage.com). You will create 1-2 collaged cards using found images from magazines or photos from which you will then journal and share your insights. I am a certified SoulCollage Facilitator.
1.C	Shifting Your life Out of Overdrive	Rita Ghilani	The pace at which we move, work and live, for many of us, has taken on a life of its own, as we rush from place to place, missive to missive, and task to task. Many working people desperately seek space, silence, and disconnection. Concerns have resulted in a significant movement, both here and abroad, to work, move, eat, and live at a slower pace. Explore symptoms and effects of the constant rush, examine what's behind the sense of urgency, learn the truth about multitasking, and find ways to step out of the never-ending race. Discover life management strategies and best practices that will help you to move at a pace that works and commit to live in a more conscious manner.
1.D	Set Design: Process & Portfolio	Janie Howland	How to be a set designer: a presentation of the process of set design for the theatre from page to stage. I will show you the steps I take using a recent production as a sample and then show the rest of my portfolio.

**SESSION 2 11:00 AM TO 11:50 AM**

2.A	Massage Therapy	Maura Shannon	Massage Therapy is an incredibly powerful modality that has enormously positive effects on our bodies, minds and spirits. Not only can it help heal soft tissue and muscle injuries, but it can calm a stressed nervous system, boost our immunity and increase our general sense of wellbeing. In this very experiential "mini-workshop" we will come out of our heads and into our bodies and feel some of the benefits of massage by becoming more aware of our breath, discovering the energy transfer of therapeutic touch, and giving and receiving a mini 7-10 minute head and neck massage while becoming more aware of the strong impact of music and meditation. Maura Shannon is a certified, licensed massage therapist, medical massage practitioner, and Transformational Breath facilitator who has been practicing in Natick for over 20 years.
2.B	Touchstones for the Spirit	Polly Leland-Mayer	Through readings, objects, sharing and conversations, this workshop will be an opportunity to nourish our spirits in community." Max enrollment: 12
2.C	Gardening	Cathie Healy	Gardening is the number one hobby in America. We all love being out in our gardens and getting our fingers in the dirt. But, as we grow older, or as we have less and less time, there will be some helpful hints and tools that can make this event even more pleasurable.

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2.D	Express Yourself! Journaling, Writing, Haiku	Deborah Henderson	One of my passions is writing, and I hope to inspire you with a fun, 30-day writing exercise challenge, walk you through the basics of my writing process, encourage you to explore your writing niche, introduce you to My Haiku and nudge you to begin or continue on your pathway to this rewarding and soul-searching endeavor.

**SESSION 3 1:00 PM TO 1:50 PM**

3.A	Mindfulness/Meditation &Yoga	Carol Esler	Let's discuss what mindfulness is and what it isn't. We will engage in some breathing meditation and some standing yoga. (No special clothing or mat required) if there is time, we can add a third practice. We might also talk a little about the emerging science that supports the benefits of mindfulness practice. We will cover some easy informal practice suggestions that can be added to our busy days. Carol has trained at the Center for Mindfulness and is a qualified teacher. Min enrollment 3
3.B	What is - or Was your passion?	Judy Davis	As children and young adults, we dream of a future in which we'll achieve all our passionate ambitions. Some of us do realize their original dreams, while others make choices different from their youthful desires. We also have other passions besides career; family, religion, social justice, to mention a few. We'll bring them all into the conversation. We'll exchange experiences, and talk about both the youthful and more mature passions we've developed throughout different life experiences. Some original dreams are not realized, for many different reasons. Some find their passions changing as they grow older, and discover a different road to be a more reasonable choice. Others find the bump in the road too difficult to cross. Our discussion will at first be based upon questions and quotes from the leader, followed by questions and observations from the participants. If time allows and participants are willing, we'll end the session with a little guided improvised theatre. Fain would I climb, but fear I to fall. Sir Walter Raleigh
3.C	The Gift of Listening	Ann Lafleur	Listening can be a profound act of love. But it can also be hard to do! In this session we'll reflect on some of our own experiences with listening, and practice tapping into a mindset of curiosity and openness that can be a gift both to ourselves and others.

**YOU ARE INVITED INTO THE NOOK AT ANY TIME DURING THE DAY**

All Sessions	The Nurturing Nook		Running with concurrent sessions is the Nurturing Nook: This activity is offered during all 3 flight segments and runs for the same time period. Stay as long as you like; entry and exit is open ended. A self directed pathway to calm, reflection and quiet conversation. Various media supplies await you to guide creativity and help center yourself. Deal some conversation cards to facilitate a quiet conversation. Listen to soft music, color a mandala art page or snuggle up in some cozy seating and enjoy the soothing atmosphere, read. Enhance your senses with aroma therapy(if all agree), taste some artisan chocolate or farm fresh fruit and enjoy soft diffused lighting. Please keep noise to a minimum.
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