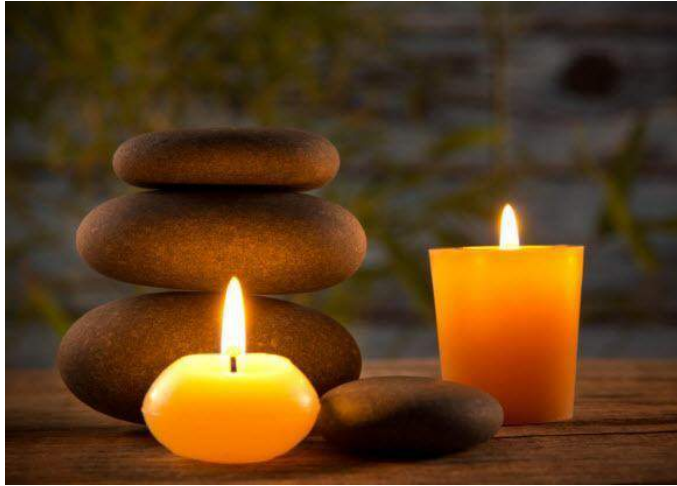


# Exploring Spirit



## *Practices for the Journey*

*Opportunities to learn, grow and experience*

### **Spirit Types**

Tuesday, October 3 at Applewood UC with Barb Finlay, Adult Educator

### **Labyrinth Walk**

Tuesday, November 7 at St Stephen's on the Hill UC Meditation Labyrinth with Anne Moore

### **Moving Meditation**

Tuesday, January 2 at Applewood UC with Rev Joanne Hedge  
T'ai Chi and other internal martial arts

### **Indigenous Spirituality**

Tuesday, February 6 at Applewood UC with Kim Wheatley, Anishinaabe knowledge-keeper

### **Spirituality and Jazz**

Tuesday March 6 at Applewood UC with Tom Reynolds and friends

### **Praying in Colour**

Tuesday, April 3 at Applewood United Church with Anne Moore and Rev Joanne Hedge

### **Gardening and the Spirit**

Tuesday, May 1 at Applewood UC with Marguerite Porter

### **Labyrinth Walk II**

Tuesday, June 5 at St Stephen's on the Hill UC Meditation Labyrinth with Anne Moore

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Register by phone through our office 905-277-4162 or by email to [minister@applewoodunited.ca](mailto:minister@applewoodunited.ca)

Some sessions may have limited spaces – please register early!

\$10.00 per session or \$50.00 for all eight.

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