

2022 - 2023 Healing the Healers Online Art of Living & Dying Series



Sacred Art of Living
Center for Spiritual Formation



Module One Workshop:

Understanding Spiritual Suffering

March 18-19, 2022

Module Two Workshop:

Recognizing Spiritual Suffering

Sept 30-Oct 1, 2022

Module Three Workshop:

Responding to Spiritual Suffering

March 17-18, 2023

Module Four Workshop:

Transforming Spiritual Suffering

September 22-23, 2023

Early-Bird Tuition: \$250 Per Module

Full-Price Tuition: \$300 Per Module

Healing the Healers: Art of Living & Dying Series is more about living than about the end of life. This series of four internationally acclaimed workshops draws from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering or of our mortality. The results of facing or 'leaning into' existential-spiritual pain are profound for both caregivers and care receivers and include:

- Physical and emotional wellbeing
- Antidotes for compassion fatigue and burnout
- Enhanced capacity for healing
- Improved pain and symptom control management
- Peace of mind and improved relationships

Each workshop is an interactive and inspirational learning experience appropriate for professional and lay caregivers alike, and are followed by a five-month study group process called Circles of Trust®. Participants explore universal patterns of spiritual and emotional suffering with time tested ways of relieving them. All programs are a creative blend of best practices, instruction, personal reflection, hands-on experience, multimedia presentations, and creative rituals from the world's great wisdom traditions.

Register Online at starofthenorth.ca or call 780-459-5511

For more information email info@sacredartofliving.org