

**Health & Wellness Retreat  
for Seminary Students  
at Wesley Theological Sem.  
4500 Massachusetts Ave. NW**



**WASHINGTON  
THEOLOGICAL  
CONSORTIUM**

*Crossroads of Faith, Learning and Dialogue*

**Saturday, Oct. 3, 2015  
8:00 am- 2:30 pm @ Wesley**



**Schedule:**

- 8:00 am Coffee and Registration
- 8:30 Integrating Faith and Wellness  
Complete a self-assessment
- 9:15 Share and discuss challenges (small groups)
- 9:45 Understanding the Process of Change  
10:15 Break
- 10:30 Applying Change to our Lives (sm groups)  
11:00 Wellness Activity 1  
Yoga as Embodied Prayer (Ryan)  
Humor in Ministry (Stoner)
- Meditations that Nurture Gratitude and  
Compassion (Robbins)
- Healthy Lives, Healthy Ministry (Lee)  
Mindfulness and Healthy Eating (Pruski)  
11:45 Lunch
- 12:30 Wellness Activity II
- 1:15 Creating Personal Wellness Plan  
Personal Wellness Plan and Sharing
- 2:15 Closing Remarks and Prayer  
2:30 Adjourn

**No Cost if you RSVP by Sept. 30**  
[wtc@washtheocon.org](mailto:wtc@washtheocon.org) or 202-832-2675

***Health & Wellness Retreat for  
Theological Students***

*Explore Spirituality and Wellness, a process for healthy change, making a personal Wellness Plan, and break out sessions ranging from Yoga and Meditation to Humor and Healthy Ministry. Great fellowship and discovery with experts in the field and students from other Consortium schools.*

***Retreat Leader: Rev. Scott Stoner  
Living Compass Foundation, Chicago***



**Workshop Leaders:**

- Yoga as Embodied Prayer:*  
Fr. Paul Ryan, CSP St. Paul's College
- Meditations that Nurture Gratitude and Compassion*  
Patricia Robbins, Shalem Institute
- Healthy Formation, Healthy Ministry*  
Asa Lee, Wesley Theological Seminary
- Improv. Humor: What it teaches us about Wellness*  
Scott Stoner, Living Compass Foundation
- Mindfulness and Healthy Eating*  
Tom Pruski, Healing the Sick program, Wesley