WASHINGTON THEOLOGICAL CONSORTIUM

Health & Wellness Retreat for Consortium Students

Saturday, Oct. 3 , 2015
8:30 am- 2:30 pm
(coffee & registration at 8:00)
At Wesley Theological Seminary
4500 Massachusetts Ave. NW in DC

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.

Workshop Leaders:

Yoga as Embodied Prayer:
   Fr. Tom Ryan, CSP   St. Paul's College
Meditations that Nurture Gratitude and Compassion:
   Patience Robbins, Shalem Institute
Healthy Formation, Healthy Ministry
   Asa Lee, Wesley Theological Seminary
Mindfulness and Healthy Eating
   Tom Pruski, Heal the Sick prog., Wesley
Improv Comedy: What It can Teach Us About Wellness   Scott Stoner, Living Compass

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 (see workshops above)
11:45 Lunch
12:30 Wellness Activity II
 1:15 Creating a Personal Wellness Plan
        Review Wellness Plan in small groups
 2:15 Closing Remarks and Prayer
 2:30   Adjourn

No Cost for those who RSVP by Sept. 30
Notify your Dean of Students or
wtc@washtheocon.org or 202-832-2675

Retreat Leader: Rev. Dr. Scott Stoner
Living Compass Faith & Wellness Ministry

Rev. Dr. Scott Stoner is the founder of Living Compass, which provides a parish-based wellness ministry for clergy, families, youth, and lay leaders. He has served as an Episcopal priest, spiritual director, pastoral counselor and retreat leader. His recent book, "Your Living Compass: Living Well in Thought, Word and Deed" offers a holistic approach to vocation, spirituality, relationships, body-care, and emotional wellbeing.

Parking and details: http://washtheocon.org/wellness