

Health & Wellness Retreat for Seminary Students

A serene landscape featuring a sunset over a body of water. In the foreground, a stack of smooth, dark stones is balanced on the water's surface, with their reflection visible below. The sun is a bright, glowing orb on the right side of the frame, casting a warm, orange and yellow light across the sky and water. The background shows a calm sea and distant, low mountains under a clear sky.

**Saturday,
October 3, 2015
8:30 a.m. - 2:30 p.m.**

Registration and coffee begin at 8 a.m.

Wesley Theological Seminary
4500 Massachusetts Ave. NW
Washington, D.C.

No Cost if you RSVP by Sept. 30!
See reverse side for details.

No cost if you **RSVP by September 30**
wtc@washtheocon.org | (202) 832-2675

Retreat Leader



Rev. Scott Stoner
Living Compass Foundation

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 Lives, Healthy Ministry

Asa Lee | Wesley Theological Seminary

Humor in Ministry: What it says about Wellness

Rev. Scott Stoner | Living Compass Foundation

Mindfulness and Healthy Eating

Tom Pruski | Healing the Sick program,
Wesley Theological Seminary

For complete schedule and more information visit
www.WashTheoCon.org/wellness