

Exploring Spiritual Practices

Special Studies Program * Chautauqua



Find peace.

Feel deeply.

Free yourself from busyness by discovering spiritual practices that arise from your daily activities.

Make your life more beautiful and meaningful by exploring spiritual practices that

Feed your soul.

Bring a journal and an open mind to explore your inner life in ways that might surprise you.

Week 1: June 24, 25, 26
Tuesday, Wednesday, Thursday
3-4:15 in the Library Classroom

Linnea Nelson, Certified Spiritual Director, will welcome you warmly!
Contact Linnea for one-on-one spiritual direction sessions that meet monthly on Zoom.

Learn more and schedule for August starts on her website:

Linnea19@gmail.com

www.twinflowerpress.com