

# Mastering My Creative Energy—Spiritual Arts Retreat



***Your creative spirit is the source of your unique spiritual purpose. Focus on YOU and your Spiritual wellness in life! Expand the ways you can be free to share and do what you came to do. Families are welcome!***

***Free your creative spirit! Expand your healing energy!***

- This intergenerational retreat has targeted sessions for kids and adults. Explore your sensitivity through a variety of interactive arts: music, painting, movement, nature, play. Strengthen your powerful “feeling nature.”
- Start your day with creative meditations and different healing modalities like yoga, Qi Gong, or Tibetan Sound Healing.
- Learn healing and energy techniques to help you be relaxed, re-energized and regrouped for greater well-being and productivity.
- Experience two unique Family World courses focusing on freeing our creative spirit & regrouping our first 7 years: The Energy Motivator & The Challenge of the Adult Years

**Friday, July 13:      *Finding Calmness and Healing In My Sea of Tranquility***  
**Saturday, July 14: *Exploring My Past Lifetimes / Present Life Purpose***  
**Sunday, July 15:     *Navigating My Relationships With Clear Communication***  
**Monday, July 16:    *The Power of Forgiveness and Unconditional Love***

**Friday, July 13—Monday, July 16**

**\$450—4 Days, Prereg: \$400. Seniors/under 21: \$350  
\$125—Daily; Seniors/students-\$85 (includes all activities and dinner) Workshops only: \$75.**

**Location:  
Wayshowers College  
International Center  
1447 Hwy 69 North  
Osceola, IA**

***Call 505-514-2766; go to [www.wayshowerscollege.com](http://www.wayshowerscollege.com)***

**Sponsored by Wayshowers Community Fellowship — [www.wcfworld.org](http://www.wcfworld.org)**