

W & W  
Sept. 16-18  
LaForet.org



#### *The Spirituality of Mending*

*We will explore how mending our textiles can be a spiritual practice and an act of co-creation with our Creator, including caring for our planet by reducing waste and changing our perspective about what is disposable and what is worth saving. This workshop will include some hands-on clothes mending work!*

**REV. TORY MOIR**  
Fiber Artist & Episcopal Priest

**NATHALIE MOIR**  
Fiber Artist & Social Worker

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#### *Crystal Jewelry Workshop*

*This hands-on workshop will teach beginners how to make a simple piece of jewelry using semi-precious stones, as well as briefly talking about the possible benefits of using these natural materials!*

**JULIANA TUCK**  
Jewelry Artist, Owner at Wandering Goddess

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#### *Cultivating Calm - Strategies to Soothe Stress*

*Do you feel overwhelmed or burnt out? Do you struggle with work-life balance? Do you need more strategies to manage stress? If you answered "yes" to any of these questions, this class is for you. This class is designed to give you the tools you need to stay energized, feel balanced, and to take care of yourself during stressful times. This session includes a cooking demonstration and the opportunity to learn a tasty, new recipe.*

**SARA PRATO, MS, RDN, LMP**  
Registered Dietitian Nutritionist and Licensed Massage Practitioner

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#### *Meditation with Horses*

*Horses invite us to be fully present and meditating in their presence provides an invitation for us to listen deeply to the wisdom of our bodies, spirit and intuition. Get quiet and still with various guided meditations, body-centered activities, horse energy and the natural surroundings and open to what the silence and the Spirit has for you. This is a non-riding activity, and we will interact with the horses safely on the ground.*

**REV. JACKIE HIBBARD**  
Minister, Owner at Dancing Spirit Equine  
Facilitated Learning and Coaching

**REV. JACQUE FRANKLIN**  
Minister, E3A Equine Assisted Coach, Spiritual  
Director, DMIN in Marriage and Family

# Wholeness & Wellness Weekend

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#### **Sikh History, Philosophy, and a Meditation**

*Sikhism, or Sikhi, is the 5th largest world religion and has a rich history and beautiful teachings from which we can all learn. The Sikh emphasis on oneness, equality, resilience, and loving service to others are messages the world desperately needs to hear in this age. Join us for an interactive conversation about Sikhism, followed by an experiential meditation.*

**DILPREET JAMMU**

Co-Founder of Colorado Sikhs, Previous Board Chair at Interfaith Alliance

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#### **Embodied, Revolutionary Joy**

*Now, more than ever, it is necessary to befriend our bodies and experience our souls as a source of healing, strength, and resilience. Choosing our bodies, prioritizing our rest, and tending our joy is an act of defiance to a system hell-bent on crushing exploitation. Experienced artists and space-holders offer practices and resources to connect with your own inner well-spring of fierce, revolutionary joy.*

**REV. MALLORY EVERHART**

2020 Pushcart Nominee,  
Queer Pastor, Spiritual Director

**ASHLEY CORNELIUS, LPC**

Pikes Peak Region Poet Laureate,  
Licensed Professional Counselor

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#### **Contemplative Photography Hike**

*So many of us point and shoot with our phone cameras without thinking twice. This hike will be an opportunity to slow down, contemplate your visual world, and intentionally capture multiple perspectives in nature. This deliberately slow hike will include themes of perspective-taking, wonder, and prioritizing experience over consumption.*

**DEENA BENNETT**

Co-Owner, The Bridge Gallery, Ceramic Artist & Photographer, Art Teacher

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#### **Facilitation & Space Holding**

*Both Asia and Adam have vast and varied skills and experience far beyond what we can list here, but one thing they have in common is their healing and educational work through Regenerate Change, "...teaching others how to apply a regenerative design approach to social changemaking".*

**ASIA DORSEY**

Bioregional Herbalist, Co-Founder at Satya  
Yoga Cooperative, bonesbugsandbotany.com

**ADAM BROCK**

Co-Founder at The GrowHaus, Author,  
Co-Director at Regenerate Change

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# Wellness Market

Sept. 17, 12pm-3:30pm

La Foret Conference & Retreat Center

6145 Shoup Rd, Black Forest

- arts & crafts, soaps and natural bath
- products, candles, jewelry, children's
- products, oils, salves & more local
- handmade goodies