



Marg Janick-Grayston

was raised by a loving family on a farm in Roland, MB, where she discovered a connection with nature and spirituality. Over the years she felt inspired to take training in areas pertaining to spiritual, physical, mental and

emotional well-being. As a Recreational Therapist for 21 years she worked holistically with people in Rehab Centers, Mental Health and Long Term Care Facilities, and Developmental Classrooms. During that career she witnessed people's amazing resilience, deep yearning to belong, and the importance of truly listening to people's stories with compassion and empathy. With a deepening interest in accompanying people spiritually she then obtained a M.Div. in Theology and training in Spiritual Direction. For the next 21 years Marg served as a United Church clergy in rural Saskatchewan communities, and as a Program Director at Calling Lakes Centre all of which she holds dear to her heart. After obtaining certificates in energy work and Expressive Arts Therapy she was inspired, in 2014, to create Free Flow Wellness which she now puts her heart and soul into as she draws upon all of the skills she has honed over a life time. She is grateful for the continuous support of family, friends, and a guiding Spirit throughout life.

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freeflow Wellness

Free Flow Wellness is a donation based service created by Marg Janick-Grayston. Her prevailing intention is to accompany, support, and inspire individuals on a path towards spiritual, physical, mental, and emotional well being, and facilitate reflective processes in small groups where transforming insights take place. Marg offers a number of services through Free Flow Wellness including: Spiritual Mentoring, On-line and In-Person Retreats, Energy Work, Expressive Arts Therapy Processes, and Consulting. She offers a person-centered, invitational accompaniment and facilitation process tailored to people's unique needs. She trusts her intuition in flowing freely from one modality to another as she invites people into breath awareness, guided imagery, expressive art therapy processes, energy work and spiritual reflection. Marg is a strong believer that inviting people to engage in a variety of modalities greatly assists them in freeing stress, flowing towards inner wisdom, and enhancing wellness.
<https://www.freeflowwellness.ca/retreats>



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Mission Statement:

As a retreat and renewal centre, we offer sacred space for self-reflection, encounter with others, and spiritual exploration.
Nourish your mind. Nurture your spirit.

Queen's House Retreat & Renewal Centre
www.queenshouse.org
Saskatoon SK
306-242-1916

An Imagination Pilgrimage for the Soul

KNITTING OUR LIVES INTO THE SACRED LANDSCAPE OF THE EARTH



An Online Retreat Series offered on Zoom

Four Monday afternoons

April 19 - May 10

Marg Janick-Grayston



freeflow Wellness



An Imagination Pilgrimage for the Soul

Knitting our Lives into the
Sacred Landscape of the Earth

An Online Retreat Series over
four Mondays via Zoom
April 19, 26, May 3, 10, 2021
1:00 – 4:30 p.m. CST

Although some pilgrims have wandered continuously with no fixed destination, pilgrims more commonly seek a sacred place that deepens their connection with the divine. Over the years people have found spiritual connection by lakes, at vistas, on mountains, and in sacred gardens. During this time when travel has become challenging, this retreat invites us to take an IMAGINARY pilgrimage across Canada, in the company of others. As we journey together we will reflect upon what a pilgrimage for the soul is and ways that the natural landscapes we encounter under God's clear blue sky might ruminate with our lives and connect us spiritually.

"A pilgrimage provides a sense of purpose...

calms the restlessness within

...makes the days worshipful

...and knits one's life into the landscape."

— Guy Stagg

Throughout the retreat, the following themes will be explored:

April 19 - **Ebb and Flow:** Reflecting upon what the flow of the rivers and the rhythm of the Atlantic Ocean has to teach us about moving through life.

April 26 - **Wide Open Vistas:** Exploring what the wide open vista views of the Prairies invite us to reflect upon.

May 3 - **Finding Solid Ground:** Gathering inspiration as we ponder how the rugged mountains of Alberta speak to us about finding our footing as we move forward or retreat in life.

May 10 - **Nurturance and Vitality:** Contemplating what we take time to nurture, what brings us alive, and what offers us peace as we reach the tucked away lush, sacred gardens of British Columbia.

Leadership: **Marg Janick-Grayston;** M Div., Retreat Leader, Spiritual Mentor, Expressive Arts Educator, and Creator of Free Flow Wellness

This retreat series is co-sponsored by Marg Janick-Grayston, Free Flow Wellness, and Queen's House Retreat and Renewal Centre.

Registration Details

Number of Participants: Maximum 12

Registration Deadline: April 12, 2021

Email: **marg@freeflowwellness.ca**
to hold a spot

Facilitation Donation:

This is a donation based service so any amount will be gratefully received. A suggested range is \$120-\$150 for the complete series.

Your facilitation donation can be sent via e-transfer to
marg@freeflowwellness.ca
or via mail to Marg Janick-Grayston,
RR2, Site 2, Box 44, Canora, SK. S0A 0L0
at the time of registration.

Cancelation Policy: If leadership cancels the retreat, a full refund will be offered. If a participant cancels by April 12, a full refund will be offered. If a participant cancels after April 12, a full refund minus \$30 for administration will be refunded.