



Stephanie Tillman is a life-long lover of music, ancient spiritual and wisdom traditions, and science. Alongside her career as a soil scientist, she has been a member of numerous music ensembles and worked as a choir director, vocal coach, accompanist, worship leader, music director and arts coordinator. She holds a Bachelor of Music in Piano Performance, a Bachelor of Science in Agriculture, and a Master of Science in Soil Science.



Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:
www.queenshouse.org



A sacred place to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



Soul Music

A RETREAT OF
MUSIC MAKING AND LISTENING
FOR EVERY SOUL

Saturday March 4
10:00 a.m. - 3:30 p.m.

A WORKSHOP OFFERED
AT QUEEN'S HOUSE



Stephanie Tillman



Soul Music

A RETREAT OF MUSIC MAKING AND LISTENING FOR EVERY SOUL

The Soul Music retreat is an opportunity to be renewed by immersion in music making and listening. Part music appreciation, part meditation and part fun, we will sing and play our hearts out, participate in free and guided listening, learn how to use music as a spiritual practice to inspire body movement and prayer, and explore the role music has in our personal stories and how it continues to shape our identities. This retreat is open to all; experience with reading or making music of any kind is not required.

Soul Music 2.0

**Part Two of this workshop will be offered on
Saturday May 6.
Watch for details and register soon!**



Music occupies a unique place in our hearts, minds and spirits as a language of expression shared by all people. It lays bare our deepest emotions, provides immeasurable comfort and solace, and inspires us. Music therapy research has shown that music can access our memories and brain functions through a “back door”, yet this point of entry is denied to other types of communication. Music has been an integral part of many faith and cultural traditions, but we needn't only experience music in the context of communal worship. Music can bolster our personal joy, motivation, and ability to deal with challenges. The process of learning what specific psychological, spiritual and physical benefits music has for us as individuals is as enriching as the outcome!

Saturday March 4

10:00 a.m. - 3:30 p.m.

Cost: \$95 - includes lunch

**A workshop offered at Queen's House,
in the Main Chapel**

This workshop will be offered with a minimum of 8 and maximum of 25 participants.

Registration deadline: **March 1.**

Wearing masks during this workshop is optional. This workshop is limited to 25 participants and will take place in the spacious Main Chapel.

Registration Details

There are two options to consider when registering for this workshop:

- Visit our website: <https://www.queenshouse.org/programs/>

Participants can register and pay online

OR

- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

This day of singing will benefit from a larger group of participants. To encourage this, registration discounts will be given to groups who register together:

- 2-5 participants - \$10/person discount
- 6-9 participants - \$15/person discount
- 10+ participants - \$20/person discount

Please call Sarah Donnelly, 306-242-1916 x226 to make a group payment