



**Elaine Zakreski** rejoices in sharing her gifts with others. A wife, mother and grandmother, Elaine is a Holy Yoga teacher who has her International Yoga certification. She is a graduate of the *Living School of Contemplation and Action* and the *Growing in Wisdom* program. She is a Spiritual Director and is learning about accompanying people as an End-of-Life Doula.

**"There are billions of tiny acts that create suffering in the world—acts of ignorance, greed, violence. But in the same way, each act of caring - all the billion tiny ways that we offer compassion, wisdom, and joy to one another - serves as a preservative and healing agent."**  
- Ram Dass

**Diane Waldbillig** is living life to the full accompanying people on their spiritual journeys, seeking meaning, purpose and peace in their busy lives. Holy Yoga has transformed Diane's health and spirituality and she enjoys sharing her faith in gentle yoga classes. Diane has training in Yoga Therapy, Chair Yoga and Trauma-Sensitive Yoga. She is a graduate of the *Growing in Wisdom* program. She is a Spiritual Director and is learning about accompanying people as an End-of-Life Doula.



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

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



Photo by Grant Martin - taken on the grounds of Queen's House

## Is That All There Is?

FINDING MEANING AND PEACE  
IN CHALLENGING TIMES

**Saturday April 20**  
**8:30 a.m. - 4:30 p.m.**



**Elaine Zakreski &  
Diane Waldbillig**



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## Is That All There Is?

### FINDING MEANING AND PEACE IN CHALLENGING TIMES

World events, life changes, and challenges have cracked us open, shedding light on our lives: who we are, what is most important, what we value, what we need, and what we believe. How can we live life to the full in chaos? How can we not only survive, but thrive? How can we be a light in this dark tunnel; to be peace to others? How can we go from fear to courage, from uncertainty to hope, from loss to abundance, from unrest to ultimate peace? How can we illuminate the path to death and bring healing of spirit and peace to our inevitable transition to the next life?

We seek answers and a power greater than us because we can so often feel lost and alone.

This day away will give us time to connect with ourselves, other people and with the God of our understanding. There will be times of spiritual talks, mindfulness meditation and contemplative prayer, along with gentle restorative yoga. No previous experience necessary; optional poses for chair or mat will be available or we can choose to simply sit with shining eyes and breathe the breath of life on our shared spiritual journey.

*We learn more from our failures than our successes,  
from doing it wrong rather than doing it right.*

*Richard Rohr*

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom. *Victor Frankl*

**Holy Yoga** is embodied prayer, where we learn how to use our minds, bodies, and spirits to relax and authentically connect to God. Holy Yoga creates a comfortable place for all faiths and cultures and offers gentle options to fit every body. A **Spiritual Director** accompanies people on their Spiritual Journey through life. An **End-of-Life Doula** accompanies people through the dying process helping them find sacred space for a more peaceful journey to the next life.

**Saturday April 20  
8:30 a.m. - 4:30 p.m.**

Cost:

\$80 for in-person gathering at Queen's House - includes lunch

Registration deadline:  
April 15

#### **Registration Details**

There are two registration options:

- 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

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

For details on all programs:  
**[www.queenshouse.org](https://www.queenshouse.org)**