



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. 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 has been married for 47 years, has four children and 8 grandchildren. 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 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

Living Peacefully; Dying Peacefully

PRESENTED BY HOLY YOGA

Saturday October 2

8:30 a.m. - 4:30 p.m. CST/MDT

AN IN-PERSON AND
ZOOM EVENT



**Elaine Zakreski &
Diane Waldbillig**



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

Living Peacefully; Dying Peacefully

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Pandemic pandemonium has cracked us open, shedding light on our lives: who we are, what is most important, what we value, what we need, 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.

*Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.
Matthew 11:28*

Guest Speaker Ana Gheysen, a spiritually integrated psychotherapist and End-of-Life Doula will speak about her work as a Spiritual Care practitioner at the Hospice at Glengarda in Saskatoon.

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 October 2
8:30 a.m. - 4:30 p.m.**

Cost:

- \$80 for in-person gathering at Queen's House - please bring your own lunch
- \$70 for online participation using Zoom

Registration deadline: **September 30**

Registration Details

There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399
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.

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

For details on all programs:
www.queenshouse.org