



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 Encore

A RETREAT TO RECLAIM
YOUR CREATIVE POWER
THROUGH MUSIC

Saturday May 6
10:00 a.m. - 3:30 p.m.

A RETREAT OFFERED
AT QUEEN'S HOUSE



Stephanie Tillman



Soul Music Encore

A RETREAT TO RECLAIM YOUR CREATIVE POWER THROUGH MUSIC

In *Soul Music Encore* we will dive into the creative act of responding to and making music with our heart, mind, spirit, voices and body. Using tools such as breathwork, vocalization, and learning how to harness our memory, we can begin the process of reclaiming our creative capacity regardless of what we do for a living, where we are on our spiritual path, and how we got there. And of course, as part of this one-day journey, we will sing – together, and a lot! This retreat is open to all; participation in past *Soul Music: Music for Every Soul* retreats or experience with reading or making music of any kind is NOT required.



When Mozart wrote his *Requiem*, or when Joni Mitchell wrote *Big Yellow Taxi*, the creative task didn't end there. Every time we respond to music we continue the ongoing creation of these artistic masterpieces through our responses, which echo outward like tiny waves from the impact of a pebble hitting water. But where does our creative power lie? What does neuroscience say about how we perceive and create our world and who we are? How do we access the creative code hard-wired into our imaginations and nurture it with Spirit to bolster our creative capacity? And what does all this have to do with singing? Come and find out!

Saturday May 6

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

Cost: \$75 - 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: **May 4**

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