



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

What Matters Most: LIVING PEACEFULLY; DYING PEACEFULLY

Saturday September 30
8:30 a.m. - 4:30 p.m.



A RETREAT HELD AT
QUEEN'S HOUSE

**Elaine Zakreski &
Diane Waldbillig**



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

What Matters Most:

LIVING PEACEFULLY;
DYING PEACEFULLY

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, 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. During this day participants will enjoy 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, 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 September 30

8:30 a.m. - 4:30 p.m.

Cost:

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

Registration deadline:
September 20

Registration Details

There are two registration options:

- Visit our website: <https://www.queenshouse.org/programs/>
Participants can register and pay online
- 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