

**Spiritual Practices Workshop**  
**Camp NeeKauNis**  
**June 18-20, 2010**

Come to this beautiful place to explore ways to deepen your understanding of inner practices and spiritual development. In this experiential weekend we will discuss and practice methods of spiritual deepening which can support both individual meditation practices and collective worship. We will explore how spiritual practices can be a practical and grounded means for personal, professional and community development and how these basic exercises can form the foundation for significant contemplative inquiry.

We will begin our weekend by building a gateway of gratitude and then doing a series of soul harmonizing exercises developed by Rudolf Steiner. We will practice and reflect upon different kinds of meditation, including ones in nature. These are calming, centring and may bring you closer to knowing “that of God in you”.

Warren Lee Cohen is the director of Waldorf Teacher Education at the Rudolf Steiner Centre Toronto. He lectures internationally on spiritual practices and how they can connect and support both one’s personal life and vocation. Warren is the author of **Raising the Soul: practical exercises for personal development** and **Baking Bread with Children**.

George Ivanoff is a member of Yonge Street Monthly Meeting, President of the Rudolf Steiner Centre and avid Camp NeeKauNis supporter. He has strived to understand early Friends’ experience of the Logos and has found help in the writings of Rudolf Steiner.

Cost for the entire weekend (2 nights and all meals) is \$195.00.  
We are offering a discount for students of \$125.00. If you require assistance, please inform George Ivanoff.

**Proposed Schedule:**

**Friday June 18**

4:00-6:00	Arrival and settling-in
6:00pm	Supper
7:30	Opening Talk: Spiritual Practices: Walking through the gateway of gratitude” Followed by an open discussion

**Saturday June 19**

8:30 Breakfast  
9:30 First Workshop - Building solid foundations  
11:00 Break  
11:30 Second Workshop - Meditating in Nature  
1:00 Lunch  
2:00 pm Third Workshop – Meditating on a relationship/ growth & decay, etc  
3:30 Snack  
4:00 Free time  
6:00 Supper  
8:00 Singing and more practice? Watching the sunset? It is beautiful from the Meeting Centre where we will be doing our work.

**Sunday June 20**

8:30 Breakfast  
9:30 Meeting for Worship  
10:30 Break  
11:00 Fourth Workshop: Pursuing Contemplative Inquiry  
12:30 Lunch  
1:30 Clean-up and Goodbyes