



St. Catherine University-University of St. Thomas
School of Social Work
Spirituality Institute

in collaboration with

University of St. Thomas
Center for Seniors Citizen's Education

A Spirituality Spa

Refreshing MindBodySpirit

Monday Afternoons

1:00-3:00 p.m.

March 28 –

May 9, 2011

Location: O'Shaughnessy Educational Center Auditorium ~ University of St. Thomas (St. Paul)

This series will explore a range of spiritual and/or religious topics to support the integration of mind, body and spirit while simultaneously refreshing the "mindbodyspirit" of each participant. Presentations will include a mix of scholarly work and participatory experiences on the following topics:

March 28th *Calisthenics for the Soul: Exploring the Relationship Between Science & Spirituality* (Mari Ann Graham)

April 4th *Once Upon a Story: Using Our Own or Written Narratives to Share Stories* (Ted Bowman)

April 11th *The Path to Happiness: Compassion and Mindfulness Meditation* (Merra Young)

April 18th *Spiritual Roots of Social Justice* (Mike Klein)

May 2nd *Awakening the Spiritual Vision Behind Elderhood* (Kaia Svien)

May 9th *Understanding the "Integral Paradigm"* (Cara Carlson, Stacy Husebo & Mari Ann Graham)

Campus community and public welcome!

Cost: \$70.00 per person for the series, Undergraduate Students FREE

Registration information available at www.stthomas.edu/socialwork/events