

ANSD SYDNEY REGIONAL GROUP

NEXT MEETING

Friday 8th February, 1pm-3pm

Spirituality and Physicality

Facilitator: Sally Jones

*"I do not have a spirit - I am a spirit.
I do not have a body - I am a body."
Richard Foster, Prayer*

We encounter the Divine as a whole person, but the role of our physical body is often misunderstood or overlooked. Our bodies play a crucial role in spiritual awareness - but do we know how to listen to them? Together we will explore the relationship between our spirituality and physicality, how we might develop everyday physical activities as spiritual practices, and how we might use this to develop our practice as Spiritual Directors.

Sally Jones has her own practice as a mentor, spiritual director and also works as a Personal Trainer and Fitness Instructor. She has a Graduate Diploma in Spiritual Direction, is a member of the Program Team for the Listen into Life training program, and has a particular interest in the link between physicality and spirituality.

Location: St Joseph's Centre for Reflective Living,
33 Barina Downs Road, Norwest. NSW 2153.
(previously known as Baulkham Hills)

Cost: *Friday 12:30-3pm \$15 ANSD Member
\$20 Non-member

* Come at 12:30, bring your lunch and chat,
session starts at 1pm

Enquiries and RSVP: ansdsydney@gmail.com
by Thursday Friday 1st February 2019

