



Energy & the Temple of the Body

Learn how to engage with your body as a spiritual instrument!

We were each born with energy centers in our bodies and as we discover this marvelous aspect of our creation, we will find that our experience of prayer, the presence and mystery of Christ, and our very lives, will be transformed!

Free Workshop

Sunday
September 14
2-3:30 p.m.

Fr. Ernest Morrow is a priest in the Anglican Church of Canada and a lifelong student of the spiritual path in its many forms, all of which have led him back to Christ. He is passionate about how human beings heal and transform in body, mind and spirit and has a spiritual healing and counseling practice alongside his work to create new expressions of Christian community. He will teach the free workshop and 8-week group.

Eight-Week Group

Monday evenings, 7-9 p.m.
September 29; October 6, 13, 20 & 27;
November 3, 10 & 17

Each week we will be exploring a different Energy Center in the body, using our collective presence to experience our bodies as spiritual instruments. No previous experience is expected or necessary—we will discover that these subtle flows of spiritual energy have always been a part of our lives. Cost: \$180. (Payments can be arranged) Register online at www.journeycenter.org or call 707-578-2121.