

*How Good It Is to Center Down:
A Courage and Renewal Retreat for Spelman Faculty and Staff*



About Veta Goler's *Walking with the Wind* retreat:

...the kind of retreat that should be scheduled at the beginning of the school year so that we establish the good habits of taking time for renewal before the year starts — and again at the end of the school year, so that we decompress and remember to be kind to ourselves.

Spelman College Professor

Studies show that pausing to engage in reflective practices increases our capacity for effective work in the world. More and more people are discovering that regular contemplative practice improves their outlook, motivation, creativity, and productivity. This has great promise for Spelman College faculty and staff. As we prepare to embark on a new academic year, I invite you to participate in a contemplative retreat designed to help you approach the 2013-2014 year with greater calmness, wonder and creativity. This retreat will enable you to experience your own inner peace and will offer practices to help you return to your peaceful place again and again.

How Good It Is to Center Down: A Courage and Renewal Retreat for Spelman Faculty and Staff is a daylong retreat that will help prepare you for the demands of academic life; it is an opportunity to pause, turn within, reflect and rejuvenate. Through silence, poetry, music and other contemplative practices, you can reconnect with the source of your inspiration and gain strength, courage and other tools to live more contentedly despite the challenges of daily life and work.

Date, Time, Place and Cost

- Saturday, August 24, 2013 from 9:15 am to 4 pm
- Spelman College Teaching Resource and Research Center (TRRC) — G16 Giles
- \$20.00 for lunch and materials

About the Facilitator

Veta Goler, PhD, Arts and Humanities Division Chair and Associate Professor of Dance at Spelman College, is a national Circle of Trust® facilitator for the Center for Courage & Renewal. She offers personal and professional development retreats and workshops based in the work of education innovator and public intellectual Parker J. Palmer.