

# SPELMAN COLLEGE MUSEUM OF FINE ART

## “Are You Sure, Sweetheart, That You Want To Be Well?:” A Contemplative Retreat for Self Healing

**Saturday, March 21, 2015**  
**9:00 a.m. – 4:00 p.m.**



Reconnect to the source of your inspiration and gain strength, courage, and tools to live more dynamically despite the challenges of daily life. **Veta Goler, Ph.D.**, Co-Director of the Teaching Resource and Research Center and Associate Professor of Dance, Spelman College, will guide you through a lively mix of movement, reflection, and creative art-making to develop a deeper connection with yourself.

### 9:00 a.m. – Sanctifying the Space

- Welcome
- Introductions
- Boundary Markers
- Why I’m Here: Setting a Retreat Intention

### 10:00 a.m. – What Does It Mean to Be Well?

- Salt Eaters by Toni Cade Bambara
- Soul Stories Portraits
- Embracing Health through Movement

### 12:30 p.m. – Lunch

### 1:15 p.m. – Remember, Connect, and Renew

- Walking a Labyrinth

### 2:15 p.m. – Affirming and Creating a Vision for My Health

- Working with Affirmations
- Guided Visualization
- Creating a Vision for Health Board

### 3:30 p.m. – Moving Forward in Health

- A Letter to Myself
- Closing Circle

This program is free and open to the public, but registration is required. Please call 404.270.5607 or email [museum@spelman.edu](mailto:museum@spelman.edu) to reserve a space.

Now on View  
*Maren Hassinger . . . Dreaming*  
through May 16, 2015

*The only museum in the nation emphasizing art by and about women of the African Diaspora*



SPELMAN COLLEGE MUSEUM OF FINE ART  
*in the Camille Olivia Hanks Cosby, Ed.D. Academic Center*

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Hours: Tuesdays - Fridays | 10:00 a.m. - 4:00 p.m. Saturdays | Noon - 4:00 p.m.  
Closed Sunday, Monday, holidays, and Spelman College breaks