

*Celebrating Harvest, Planting Seeds:
An Autumn Courage & Renewal Retreat*

*Saturday, August 29, 2015
Spelman College*



Autumn is a time to celebrate nature's bounty. It is also a time to prepare for the dormancy of winter by planting seeds that will sprout in the spring. In this daylong retreat, we will explore what we want to celebrate in our lives and what we need to do now to realize our goals and dreams for the future. Through reflecting on and speaking your truth in various contemplative exercises — individually and in small and large groups — you will be able to receive guidance from within that will direct your next steps.

Date, Time, Place and Cost

- 9:15 am to 4 pm, Saturday, August 29, 2015
- Spelman College Teaching Resource and Research Center (TRRC)—G16 Giles
- \$25.00 for lunch and materials (\$10.00 for materials only)

About the Facilitator

Veta Goler, PhD, Co-Director of the Teaching Resource and Research Center 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.

To express your interest, or for more information, please email Veta Goler at vgoler@spelman.edu. To register, complete the form here: <http://goo.gl/forms/Nmfr84uZph>.