

Essence: Exploring Spirituality

with **Phaedra Pamphilon-Green**

6-week course – Fridays 7.30 to 9.30pm
commencing **14th May 2010**
Course Fee: £60



Have you heard the term 'spirituality' and wanted to know and understand more about what it means and what it's about?

Essence is a 6 week exploration of contemporary spirituality which looks towards a lifestyle which will integrate your body, mind and spirit.

Essence is designed for all who recognise that they are on a spiritual journey and have a desire to travel further on that journey. The course draws on the teachings of Jesus and the Christian mystics to help you on your journey of discovery. Whilst written from a Christian perspective, *Essence* encourages all fellow travellers on their pilgrimage, whichever faith background you are from.

If you would like to begin to understand 'spirituality' and deepen your own spiritual life then *Essence* will help you do that. The course is split into 6 sessions:

- the journey so far...
- the journey within...
- the journey to a better world....
- the journey to wholeness...
- the journey to spirituality...
- the journey to the future...

After the 6 weeks, *Essence* will have given you all sorts of tools for your journey ahead and equipped you to set out on your own spiritual journey. How exciting!!

Course Dates – 14th, 21st, 28th May and 11th, 18th, 25th June

To secure a place please complete the tear-off form below and return it with your payment to:
The Sanctuary (Exploring Spirituality), Pea Lane, Upminster, RM14 2XH.

BOOKING FORM

to: The Sanctuary (Exploring Spirituality), Pea Lane, Upminster, RM14 2XH.

Name:	_____
Address:	_____
	Postcode: _____
Telephone:	Mobile: _____
Email:	_____
<i>I enclose cash/cheque for (£60 per person): £ _____ made payable to Phaedra Pamphilon-Green</i>	
Signed:	Date: _____