

WORKSHOP: THE WORK THAT RECONNECTS

By virtue of being alive on an endangered planet, each of us holds pain for the world in our hearts. Instead of letting this pain isolate us, this workshop will offer ways to witness and transform our pain into gratitude, insight, interconnection and empowerment. We will let the earth speak through us, for the Earth's healing is our healing; planetary grief is our grief. Using creative exercises from the **Work that Reconnects** -- including movement, drama, meditation and ritual -- we will reawaken our love in life and our power to act.

Where: ascent's **Rad'a Yoga Studio** in Montreal, 841 rue Gilford (laurier metro)

Host: ascent magazine - www.ascentmagazine.com

When: Saturday July 12, 2008 from 10 am – 6 pm

Cost: Sliding scale \$50 - \$70. Plus receive a free copy of the latest edition of ascent magazine!

Register: Space is limited. Call: 514-499-3999 or email: vienna@ascentmagazine.com

What is The Work that Reconnects?

The Work that Reconnects is an experiential workshop model that was developed by Joanna Macy and others in response to the environmental and social challenges we face. The Work that Reconnects integrates theory and practice from deep ecology, systems theory, Engaged Buddhism, and other traditions of spirituality and social action. (See www.joannamacy.net)



Your Facilitator: Rebekah Hart has trained with Joanna Macy and has been facilitating workshops and retreats in the Work that Reconnects since 2003. At the Padua Centre in Montreal, Rebekah is the founder and co-organizer of the Earth Dialogue, an eco-spiritual workshop series. She is a graduate of the McGill School of Environment, and a student of Hakomi (mindfulness-based psychotherapy). Rebekah integrates a background in Buddhist meditation, body-awareness, and a love of poetry & play into her workshops. In her free time, she enjoys dancing, singing, hugging trees and writing poetry.

For more info on this workshop or future workshops, contact Rebekah by email at: dancingpine@gmail.com