

GITCHE M'QUA CENTRE FALL PROGRAMS

Greetings & late summer salutations!! We are very excited and busy at Gitche M'Qua, as we learned on August 7th that we're a REGISTERED CHARITY!! This endeavour, from conception to birth, has taken 7 loving years...and lots of willingness to labour & grow. During this time we have developed a vision and structure for Gitche M'Qua that we trust will serve for many generations. Thank you to our friends & community for your kindness and support.

Since Roshi Joan Halifax's visit in June, we have received wonderful appreciation and interest in our Centre. Many of you have expressed interest in our Being With Our Dying community service project. We are actively partnering with Hospice and other groups to develop our vision of creating a Compassionate Care model of caring for the dying. For those interested the best way to develop this work is to attend the Being With Our Dying course offered one Sunday a month. This allows us the means to explore the inner and outer skills of bringing compassion into this noble work. In addition Philip Starkman, a local psychotherapist & skillful meditation teacher, will be leading a November retreat to guide us in practices that support grounding ourselves in stillness & kindness.

As we deepen our commitment in offering healing & spiritual living programs, we continue to invite gifted teachers from diverse traditions that enrich our inner lives. This fall Venerable Dhyani Ywahoo, a remarkable Cherokee & Buddhist teacher, is returning to guide us in developing clear relationship with the Earth and with our Planetary Family. In these changing times many Traditional Elders are reminding us of the importance of opening our hearts and cultivating the mind of inclusiveness & Oneness. Join us for this rare opportunity. Below you will find Gitche M'Qua's fall classes, course and workshops as well as other programs being offered through us:

QI GONG CLASSES

Based on the teaching of master li jun feng, this qigong style focuses on the healing movements of love. It is called sheng zhen wuji yuan gong, which means unconditional love. These powerful & gentle movements help us to align with the healing energy of the universe and create a state of calm & peace within us. Each class includes instruction in meditation and in quan yin standing, quan yin sitting, jesu sitting practices. Advanced class focus: healing Qi Gong 1-3. Fee: \$180/10

Week series: Monday: 7:45-9:00pm intro series starts sept 26-nov 28

Wednesdays: 11:00-12:15pm ongoing classes/experience required

SPIRITUAL PSYCHOLOGY WITH ANDREW BLAKE

An experiential meditation program that fits beginning and continuing practitioner's rooted in psychotherapy & buddhist and native approaches to spiritual practice. This is an excellent course for those looking to deepen their connection to their spiritual life and those looking to understand the obstacles to deeper practice. Using council process, guided visualization & journeying, & meditation practice, we will explore our relationship between our wounds/our soul & our enlightenment/our spirit. In the final class we will hold a special ritual to honour our ancestors. Fee: \$140

Tuesdays: 7:20-9:30pm course sept 20-nov 1

BEING WITH OUR DYING COURSE

Presented by gitche m'qua, this experiential course is designed for professionals and lay working with the dying and for those wishing to deepen their inner life. As part of our being with the dying program, this course includes practical tools to assist us in our work with the dying, as well as useful practices in facing our own attitudes towards death. We recommend attending the complete series. (course material is based on the compassionate care of the dying manual by roshi joan halifax & barbara dossey, phd) fee: \$150/series or \$42.50/class
Sundays: 12:45-4:30pm (oct 2, 30, nov 20, dec 11)
Themes: Mindful Communication & Council Process, The Shadow Of Giving, Lovingkindness—Towards Yourself First, Grief & The 4 Boundless Abodes.

COMPASSIONATE CARE OF THE CAREGIVER

A weekly program offered by gitche m'qua combining meditation, council process, and expressive arts to support caregivers. Emphasis is placed on tools to support living consciously and lovingly. The intention of this ongoing group is to provide support to professional and lay caregivers as well as to those attending the bwod course. As part of our community service, this group is offered by donation.
Thursdays: 7:30-9:00pm Begins Oct6-Dec 8

VEN. DHYANI YWAHOO: THE EARTH & OUR HEARTS ARE ONE

Recognized by her elders as one who will bring many together in the spirit of world peace, ven. Dhyani ywahoo is the 27th generation to hold the ywahoo lineage. This weekend will give us tools to help stabilize the earth and to help transform the suffering & cries of our planetary family. We will explore stillness, sound, and movement practices as means to align our hearts. Through developing awareness of how our minds and the elements interact with the earth's meridians, we open doorways to peace throughout all stages of our living and our dying. This workshop invites us to see our role in maintaining an open heart in these changing times.
Lecture: Friday Nov 11 (Location Tba)
Workshop: Sat& Sun Nov 12-13, Metro Hall, Toronto

CARING FROM OUR HEARTS: A RETREAT WITH PHILIP STARKMAN

This meditation workshop presents practical tools for those facing a catastrophic illness, those working as caregivers & the general public. The practices of metta (lovingkindness), tonglen (giving & receiving) & phowa (conscious dying) are timeless buddhist practices which open us to the truth of our loving hearts. Join us in the peaceful surroundings of kingview for a day of rejuvenation and practice. Through the generosity of the srping rain sangha and gitche m'qua centre, the fee for the retreat is \$50, including a light vegetarian lunch.
Retreat: Sat. Nov 26 At Kingview Farm, King City, 10am-5pm

OTHER CLASSES & WORKSHOPS BEING OFFERED AT GITCHE M'QUA

MOVING INTO OUR STRENGTH WITH ANGIE DI IORIO BLAKE

Energizing full body workouts combining the basic pilates matwork, yoga, and fluid movement drawn from emilie conrad's continuum work. Combining both linear and non- linear movement to establish core stability, strengthen and lengthen muscles, develop postural awareness, and breakdown habitual patterns. We will discover a more dynamic, fun and creative workout. Fee: \$180/10weeks

Mondays: 6:15-7:30pm Begins Sept 26th

TO THE CORE WITH SHELLEY HARRIS

Rediscover your innate movement intelligence and agility. In "awareness through movement" or feldenkrais, you develop body wisdom that originates from how we learn to move in the first year of life. From pilates work, you connect with the "core" intelligence of your body. Together, you become agile, connected, aligned and strong. This work helps you to find dynamic ease in the way you move in lfie. Fee: \$22/class

Wednesdays: 1:00-2:30pm

Thursdays: 9:30-11:00am

MIND-BODY STRESS REDUCTION:

A group for men with cancer led by denis marier nd, this 10-week course combines mind-body tools including council process, mindfulness meditation, imagery, empathy, humour & movement. New research is showing clearly that mind-body medicine is a powerful healing modality for those dealing with a cancer diagnosis. This course is open men dealing with diagnosis at all stages. Fee: \$275

Wednesdays: 6:30-9:00pm Begins Oct 5

TRANSITION and LIFE CHANGE:

A workshop combining meditation, drumming and image making with photography. This workshop led by dr. Shari geller & dr. Lee freedman is geared towards people in life changes such as a deep personal one, career, relationship, facing illness or dying, death of a loved one, or simply letting go of an old pattern. We will use meditation, drumming & photography to see life from a different perspective and to help you cope and open to a greater potential within yourself. Fee: \$160

Saturday Oct 29th: 10am-4pm (Most Extended Health Plans Cover This Program.)

BIOS OF PRESENTERS:

VEN. DHYANI YWAHOO

Venerable Dhyani Ywahoo is a member of the traditional Etowah Band of the Eastern Tsalagi (Cherokee) Nation. Trained by her grandparents, she is the 27th generation to carry the ancestral wisdom of the Ywahoo lineage. As Chief of the Green Mountain Ani Yun Wiwa and as a recognized teacher of Tibetan Buddhism (Nyingma & Drikung Kagyu lineages), she is also founder and Director of Sunray, an international spiritual society dedicated to planetary peace and to spreading the teachings of the Ywahoo lineage. Under the direction of her grandparents and Elders, she began this training in early childhood. The Elders, as repositories of this sacred knowledge of their people, passed to her the spiritual duty and blessings to share this wisdom to all. For the last three decades, she has been teaching, writing, and training planetary peacemakers in designing effective methods of reconciliation. For more info on her activities visit: www.sunray.org

PHILIP STARKMAN

Philip is a practicing Psychotherapist and has over 40 years of experience in spiritual practice and meditation. From years of intensive training in Jerusalem, India and later in Burma, Philip brings a sensitivity and depth of knowledge in sharing skillfully the practice of meditation to Westerners. He has studied with Geshe Ngawang Dhagyey, whom the Dalai Lama appointed to teacher Westerners in the 70's, with the renowned Vipassana teacher U Pandita who was the head teacher at the Mahasi Sayadaw Centre in Burma and later in Japanese Zen, under the guidance of Tangen Roshi. As one of the primary teachers at the Spring Rain Sangha, he offers weekly classes rooted in Vipassana and Vajrayana Buddhist approaches; thus he brings compassionate understanding of the psyche from his psychotherapy training and powerful methods for reaching enlightenment from the teachings of the Buddha. Philip's programs are receiving great response as he provides methods useful for both the beginner to the most seasoned practitioner. For more info visit his website: www.SpringRainSangha.com

ANDREW BLAKE

As one of the cofounders of Gitche M'Qua and as one the primary teachers at the Centre, Andrew has accumulated extensive training over the past 30 years in the fields of healing, spiritual practice, meditation, and psychotherapy. With a deep commitment to bringing a spiritual life to our healing, he is a practicing Psychotherapist and Massage Therapist, as well as a teacher of meditation. With additional training in Shiatsu Therapy/Eastern Medicine, in Transpersonal Psychology at Vermont College, in Compassionate Care of the Dying at Upaya with Roshi Joan Halifax, and in meditation with Ven. Dhyani Ywahoo as a teacher with the Sunray Mediation Society, Andrew is actively teaching and developing programs at Gitche M'Qua in Qi Gong, Meditation, the Being With Our Dying program. His eclectic training brings forth a unique vision, skills, and voice for these changing times.

BEING WITH OUR DYING TEAM AT GITCHE M'QUA

Gitche M'Qua is developing an interdisciplinary team of professional and lay to provide educational and support services to the dying, to those working with the dying, and to the general public. By exploring a "Relationship-Centered Model of Care" and by integrating the Compassionate Care Model of Being With Dying, we intend to bring supportive methods to assist us in understanding death as a natural, spiritual, and healing time of life. While this listing will expand as we develop the current team includes:

Andrew Blake, Psychotherapist/Massage Therapist
Angela Di Iorio Blake, Movement Therapist
Denis Marier, Naturopathic Doctor
Andrea Warnick, Palliative Care Nurse
Adele Brown, Grief Counsellor/Social Worker
Shari Geller, Clinical Psychologist

ANGIE DI IORIO BLAKE

As one of the cofounders of Gitche M'Qua Angie has a deep appreciation for the healing process. She has worked in movement for 30 years, and has been in private practice as a movement therapist for the past 15. In addition to certification as a Pilates instructor, she has studied the rehabilitative and remedial aspects of Pilates and Iyengar yoga. Through her studies with Emilie Conrad, founder of Continuum, she brings awareness of new dimensions of movement. As well she is the Executive Director of Gitche M'Qua, has studied the Being With Dying work with Roshi Joan Halifax, and works as a hospice volunteer.

SHELLEY HARRIS

Shelley has been in the movement education field for over 15 years. As a teacher of Pilates and as a certified Feldenkrais instructor, she works both individually and with groups. Her appreciation for the wellness and healing has also taken her into the field of Nutrition Counselling, which she is also certified.

DENIS MARIER, ND

Denis is a registered Doctor of Naturopathic Medicine with special focus mind-body medicine, stress reduction, and men's health. He lectures on the Naturopathic treatment of prostate cancer and continues to do research in this area. As well, Dr. Marier has completed the Mind/Body Medicine and Positive Psychology training at Harvard University Medical School's Institute of Mind/Body Medicine. He works in private practices and teaches at the Canadian College of Naturopathic Medicine. For more info visit him at: www.denismarier.com

DR. SHARI GELLER

Dr. Geller is a Psychologist who works in private practice with an emphasis on presence and integrating spirituality into her work. Shari has a long-term practice in Vipassana meditation and has a passion for the healing effects of drumming.

DR. LEE FREEDMAN

Dr. Freedman is a Psychiatrist who works in private practice. She is an artist and photographer and brings this work into her health-care practice with adults and children.

**FOR MORE INFO OR TO REGISTER FOR ANY PROGRAMS CONTACT US 416-651-1846
OR EMAIL GitcheMQua@rogers.com**

As a charity our role is to provide these educational opportunities for everyone, therefore, no one will be turned away for financial considerations, so please contact us. If you are interested in becoming a program donor, please contact us as well and we would gratefully receive your support.

Our website is currently being developed, so as soon as we hit cyberspace, watch out for www.GitcheMQua.com . We hope you will find a program or a class that supports your inner work and that the work of Gitche M'Qua will truly serve many beings.

Love & Gratitude, Angie & Andrew, Cofounders of Gitche M'Qua.