

# Invitation

To a day that allows some precious time  
to recharge, nurture & restore yourself!

Friday, 24 May  
10.00am – 2.00pm

(Includes lunch)

Suggested donation: \$15

## THRESHOLDS OF SOUL

**MARILYN COPELAND**  
FACILITATOR

A beautifully nourishing & integrating program, drawing largely on the works of John O'Donohue: honouring the body as the Temple of the Holy Spirit; exploring the senses as thresholds of soul and the body's ability to balance energy and promote healing. Includes... meditation; body prayer; sacred dance; gentle movement; massage & aromatherapy (including a take home tailor-made body lotion).

Marilyn has worked with both children and adults offering creative and meditative programs and for the past six years has been offering programs in Houses of Prayer in NSW. Marilyn's formal training has included Massage, Spa, Dance Movement & Art therapies and she is currently engaged in a program of Spirituality at Heart of Life (Vic).



**BOOKINGS ESSENTIAL CONTACT KILDARA CENTRE**  
**PHONE: 9509 7906 OR eMail: [kildara@netspace.net.au](mailto:kildara@netspace.net.au)**  
**By Monday, 22 May, 2013**