



— **An Experiential Workshop** —
Sunday, May 31
**Finding Centre:
The path
beyond burnout**

Christopher Page

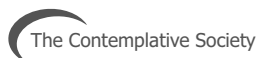
A workshop at the University of Victoria;
on-site registration at David Lam Auditorium
May 31, 2:30-5:30pm, \$75+GST
Register online at www.spiritheals.ca
or call 250.472.4747.

Christopher Page, MDiv, ThM, is a meditation teacher and retreat leader for the Contemplative Society. He is the author of five books, most recently *Shadow Dancing: The Temptations of Christ*.

Having spent twenty-eight years in an intense spiritual caring profession, I have personally experienced both the journey into burnout and the path to recovery. The way to move beyond burnout is to establish a foundational spiritual practice within which one's caring finds its ground. Meditation practice has the capacity to keep us in the deep centre of our being and give us the freedom to allow our caring to flow from a place of healthy detachment and deep inner knowing.

This event is part of an exciting line-up of experiential workshops being held in conjunction with the SpiritHeals Conference.

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