

# Introductory Wisdom School

## Knowing, Loving & Being

Barat Spirituality Centre

Halifax, Nova Scotia

July 22-24, 2024



Wisdom School participants will experience the rhythm and tools specific to a 'wisdom way of knowing', an integral way of knowing' which engages and harmonizes the three intelligence centers: heart, mind and movement.

"Wisdom is not knowing more but knowing with more of you".

-Cynthia Bourgeault



**Facilitator: Marcella Kraybill-Greggo**

Marcella Kraybill-Greggo offers her time as a Seminary Director of Spirituality Programming, a local Wisdom Community facilitator, a Spiritual Director and a mom. Marcella joined the Wisdom Waypoints Board in 2017. Marcella and her family live in Pennsylvania.

# Wisdom School Daily Schedule

## Monday's Schedule

- 4:00 to 5:00 pm Check in
- 5:00 to 6:00 pm Supper with conversation
- 7:00 to 9:00 pm Orientation/Laying our Teaching Foundation
- 9:00 – Overnight Private Reflection and Rest in the Great Silence

## Tuesday's Schedule

- 7:30 to 8:00 am Centering Prayer Meditation and Chant
- 8:00 to 9:00 am Silent Breakfast
- 9:00 to 11:00 am Morning Teaching
- 11:00 to 11:50 am Sacred Movement/Conscious Work
- 12:00 to 1:00 pm Lunch
- 1:00 to 2:30 pm Private Reflection
- 2:30 to 3:30 pm Afternoon Teaching
- 3:30 to 4:00 pm Centering Prayer Meditation and Chant
- 4:00 to 4:50 pm Gospel of Thomas Group Lectio
- 5:00 to 6:00pm Supper
- 7:30 to 8:45 pm Debriefing the Day
- 9:00 to Overnight Private Reflection and Rest in the Great Silence

## Wednesday's Schedule

- 7:30 to 8:00 am Centering Prayer Meditation and Chant
- 8:00 to 9:00 am Silent Breakfast
- 9:00 to 11:00 am Morning Teaching
- 11:00 to 12:00 pm Sacred Movement/Conscious Work
- 12:00 to 1:00 pm Lunch
- 1:30 to 3:00 pm Gathering the Graces and Closing Ritual



### Hosted by Barat Spirituality Centre

1455 Summer St. Halifax, NS B3H 4L6

[www.baratspirituality.org](http://www.baratspirituality.org)

[baratspirituality@gmail.com](mailto:baratspirituality@gmail.com)

902-456-6112

**Special introductory retreat price: \$155 (commuter)**

**For non-commuters**, there are a small number of single occupancy rooms available at the retreat center at a rate of \$60 per night.

There are only 12 spaces available for this wisdom school.

Click [here](#) to register!