



## **Peace Begins with Me**

### **Whole Planet Spirituality Retreat at Unity Village, Mo**

**October 19-22, 2023**

Join us for three days (Thursday evening, October 19 through Sunday afternoon, October 22) of inspiration, renewal and collaboration as we co-create a world that works for all beings on the planet. Activities include workshops, music, dialogue, spiritual practices, walking trails, fabulous organic plant-based food and more.

#### **Programming Includes:**

- Workshops on Whole Planet Spirituality, Peacemaking and co-creating a more beautiful and sustainable world
- Keynote speaker Renee King-Sonnen of Rowdy Girl Sanctuary
- Music by Sally Zito
- Peaceful Morning Yoga with Victoria Moran
- Spiritual practices centered on self-care and inner peace
- Connection/collaboration with like-hearted people (we will have more group work/collaboration time)
- Evening social gatherings with music
- Meditation, labyrinth and walking trails for renewal, restoration and self-care
- Support in making values-based lifestyle transitions to align your actions with your heart

**Registration fee is \$379 and includes all programming, three lunches and three dinners. Reserve hotel separately. Daily and virtual registration options too. Learn more and register at [thespiritualforum.org/retreat](https://thespiritualforum.org/retreat).**