

**Wellbeing practices** remind us that God is present to us, in every cell of our being. They enable prayer and our spiritual relationship with God by reminding us of the wholeness (and holiness) of our being, relaxing the body, and bringing us to a centred and meditative place which can enable us to pray more easily or readily.

In an atmosphere of spiritual attentiveness, the practices allow us to ask for and receive love and compassion for ourselves and others, and lead us to give and connect more easily with those around us and our environment.

**Capacitar Wellbeing** uses gentle body work and mindfulness practices gleaned and adapted from various traditions. The practices have been used with a variety of people and groups within many different cultures. In a Christian context, they can be used as body prayer and Christfulness.



The practices help transform stress and pain deriving from stresses of daily life, illness, or trauma, and open the individual towards greater wholeness and wellbeing.

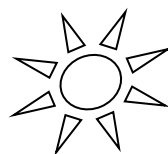
As individuals get in touch with their own source of strength and wisdom, they can help others.

### What are some of the practices?

- Tai Chi and movement
- Meditation and visualisation
- Breathwork
- Fingerholds
- Tapping (EFT)
- Simple circle dance
- Other energy and work

### What can I expect?

- You don't need special clothing, just wearing something loose and comfortable is usually helpful
- A gentle, flowing day, some quiet, reflective time, some more energetic movement, time for sharing
- A little teaching on the body's own natural healing/energy system and Capacitar
- All ages and abilities welcome.



**Are these practices safe and where are they from?**

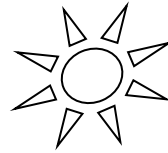
Meditation, energy and bodywork, the power of intention, and spiritual practices such as Tai Chi, have been proven in much recent research to offer great benefits for all aspects of our self, and especially to integrate traumatic experiences and stresses.

The sessions use a popular education approach, integrating these practices from many different cultures.

The approach was developed by Dr Pat Cane, founder of the Capacitar organization (meaning "Empowerment"). You can find out more about this at [www.capacitar.org](http://www.capacitar.org).

**Who is facilitating?**

Anne Harrison is a RC laywoman, offering spiritual accompaniment and retreats, and offers Capacitar Wellness practices in her local area, and in ecumenical/pastoral centres in the north-east and York. She also works as a therapist and incorporates energy work into her practice. She finds these practices personally beneficial to her own prayer and general wellness



**To find out more, and book a place, please ring or email:**

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**Well-being  
Taster Day**  
*Xaverian Mission  
Spirituality Centre*  
**Fri 15th Feb, 15th Mar,  
12th Apr 2019**  
**10 - 1pm**



*Well-being practices can...*

*...lift the spirits,  
.....raise our natural energies  
.....improve our resilience*

*.....tap into our body's natural  
healing resources.*

