

**Healing Pathway** is an experiential spiritual and healing practice that supports well-being and resilience by promoting energetic alignment to all aspects of our being – physical, emotional, mental and spiritual. Programs are supported locally and nationally by the Healing Pathway Society.

*This workshop is part of the **Good Vibrations: Energy of Resilience** project, generously supported by a United Church of Canada, Pacific Mountain Region, ProVision Grant; Shiloh-Fifth Avenue United Church; and St. Barnabas Anglican Church.*

### **Good Vibrations: Energy of Resilience**

**Resilience: the capacity to manage through life's obstacles and challenges, and even to thrive.**

Our bodies are energy. We have fields of energy around us. Emotions and even thoughts carry energy.

When energies flow smoothly, all is well. When all is well, energies tend to flow well.

Stress, injuries, emotional wounds, and grief all impact the energy flow. Blocked energy can create pain and anxiety.

Everyone has the capacity to work with their own energy, and with other people's energy, to help it flow, to help in our healing. We can learn to tap into Universal or Divine energy and use it to heal. We can learn to be more connected to Universal energy, more grounded, more centred, creating more resiliency for ourselves and others.

All of this helps both in healing what already needs to heal in our bodies and helps keep us healthy, like exercise keeps us healthy.

### **Location**

St. Barnabas Church  
1010 Fifth Avenue, New Westminster BC

**Healing Pathway Society** is the national governing body of all healing pathway communities in Canada. The Society oversees the curriculum, code of ethics, and standards for all healing pathway practitioners and instructors.

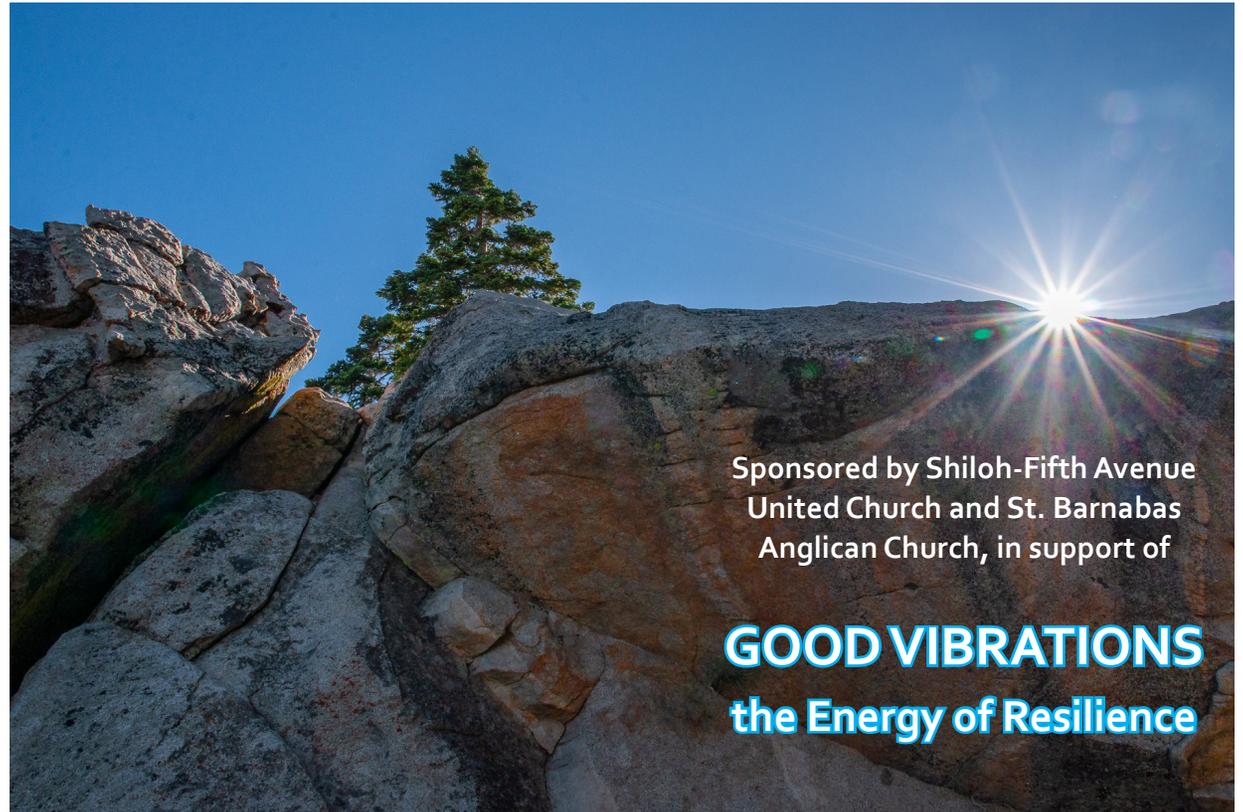


Visit: [healingpathway.ca](http://healingpathway.ca)  
Contact: [healingpathwaycanada@gmail.com](mailto:healingpathwaycanada@gmail.com)

# **HEALING PATHWAY**

## Phase 1 workshop

Friday, November 8, 6 pm - 9 pm  
Saturday, November 9, 9 am - 5 pm  
Sunday, November 10, 1 pm - 5 pm



Sponsored by Shiloh-Fifth Avenue United Church and St. Barnabas Anglican Church, in support of

**GOOD VIBRATIONS**  
**the Energy of Resilience**

Life is busy and at times things can feel overwhelming. Are you looking for a place of calm in the storm? Come and be in a safe, quiet place as you learn about and explore energy in new ways. Leave feeling empowered to support yourself and others in the challenges of everyday life.

Join us in experiencing self-care techniques that focus on energy healing as a spiritual practice grounded in Christianity but present in all the wisdom teachings.

At this experiential workshop you will:



***Connect into and experience heart-centered energy***



***Share and receive energy treatments***



***Learn specific self-care practices: centering, grounding, and meditation.***



***Be part of a supportive and caring healing community.***

#### **What past participants shared:**

“Healing Pathway is a spiritual practice . . . a healing balm in my life.”

“I am connected in body, mind & spirit.”

“I know what it is to be fully present to the moment, others & universal power.”

#### **Instructors:**

Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centered facilitators – Kimiko Karpoff and Jannice Foreman. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

#### **Kimiko Karpoff**

Kimiko has been a Healing Pathway practitioner for more than ten years and has studied a variety of healing traditions. A diaconal minister in the United Church of Canada, Kimiko has shared healing work in contexts ranging from outreach ministries to youth retreats and as far away as Japan. She teaches with compassion and the intention to create space that is open and safe. She shares her spiritual journey in words and images at [scatterededsacred.com](http://scatterededsacred.com).

#### **Jannice Foreman**

Jannice has been a practitioner in the Healing Pathway since 2004. She was involved in the formation and facilitation of the Healing Ministry at Pilgrim United and was also involved in the formation of Victoria Healing Pathway creating support for the broader Pathway community through workshops and retreats. Jannice appreciates how her Pathway training and work and her spirituality has centered and grounded her and developed within her a resilience for the challenges of life. She is presently a member of the Healing Pathway Group at Cadboro Bay United Church.

#### **Registration Information:**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

- Fees  Early bird - \$210 by October 15th  
 Full fee - \$225 after October 15th  
 Repeater fee - \$105

Subsidies are available.

Call 604-522-3443 or speak to Shannon or Emilie.

*No prerequisites required.*

#### **Cheque made payable to:**

Shiloh-Fifth Avenue United Church

#### **Mail registration and payment to:**

Shiloh-Fifth Avenue United Church  
1010 Fifth Avenue  
New Westminster BC V3M 1Y5

*Questions? Call or text Kimiko 604 306 1298*

#### **Food**

Snacks and a light lunch will be provided. If you have special dietary needs, please let us know or bring food for yourself.

#### **Clothing**

Please dress in comfortable clothes and shoes.

#### **What to bring**

Bring a pillow and a blanket.