



Chrysalis Programs and Practices December 2011 – June 2012

Unless otherwise noted, all Programs and Practices take place at the Chrysalis Gathering Space,
3527 Ellwood Avenue in Carytown.

A Note from the President -

In preparing for tonight's Sacred Circle, I focused on a theme of friendship. From Thanksgiving until New Year's, we are focused on giving thanks, religious celebrations, gathering for meals and parties, gifts and lights. For me, it is a time to be with family, especially my adult children who live far away, and friends. It is the relationships that make the season special for me and I often overlook that in the rush to get it all done and that certainly happened more than once during the Thanksgiving week!

Chrysalis has been a gift to me in many ways, but most of all I treasure the many new "Chrysalis" friends who sustain me in so many ways. I hope that you find Chrysalis to be a gift in your life as well.

Please consider making a tax-deductible gift to sustain the Chrysalis offerings and community in the coming years.

Peace, Priscilla Burbank

Featured Programs

For complete details visit our website www.thechrysalisgroup.com.



Chrysalis Fundraiser--support The Chrysalis Group by attending this very special program, presented by Margie Nea and Susan Wilkes.

A Celtic Pilgrimage

Wednesday, January 18, 6:45-9 p.m.

(Note: the program begins at 7 p.m.; participants are invited to arrive at 6:45 p.m. for a period of quiet meditation)

Cost: \$50 gift to Chrysalis (All profits go directly to benefit The Chrysalis Group.)

Journey to the mystical island of Iona, ancient center for Celtic spirituality, through song, photographic images, and experiential activities. Celtic spirituality appeals to many contemporary seekers for its deep reverence of nature, its celebration of the sacred in everyday life, and its honoring of the feminine. Join **Margie Nea** and **Susan Wilkes** for a learning journey of sacred places and people in the Celtic tradition, including Bridget of Kildare, and the importance of the "anam cara" or "soul friend" relationship.

Whispers of Spring-Women's Weekend Retreat at Shalom House

Friday-Sunday, March 16-18

Location: Shalom House (15340 Robert Terrell Rd, Montpelier, VA, 23192)

Cost: \$240 Members; \$280 Non-members (cost includes lodging and food)

* \$15 early registration discount (by 3/02)

Leave home and winter behind and join **Carol Jacobs** and **Keren Vishny** for this restorative weekend retreat for women in beautiful Montpelier. Reflection, conversation, art expression and gentle body movement will serve as our vehicles for a conscious experience of the wonder of our souls and bodies. Using dreams and the poetry of Mary Oliver as reference points, we will explore and celebrate the creative life energies emerging in each of us with the approach of spring. This retreat format draws inspiration from *BodySoul Rhythms*® as developed by Marion Woodman, Mary Hamilton and Ann Skinner. Register early-space limited to 25.

Spiritual Seeker Series 2011-2012

First Wednesdays, 7-9 p.m. (December 7, February 1, March 7, April 4, May 5)

Spiritual Seeker Series 2011-2012, a series of programs led by well-known experts in their respective fields, exploring a variety of spiritual practices continues with **Living with Intention** with Peggy Siegel 12/7; **Exploring Your Dreams** with Mimi Weaver 2/1; **Let Your Soul Speak: Journaling as a Spiritual Practice** with Elaine Kiziah and Ann Forburger 3/7; **Body and Soul: Sacred Connection** with Carol Jacobs 4/4; and **World Labyrinth Day Walk** at the Chrysalis Labyrinth 5/5. Join us for all five programs or attend the ones that interest you most. These programs are a great way to discover or reinvigorate spiritual paths.

Spiritual Seeker Series III: Living with Intention

Wednesday, December 7, 7-9 p.m.

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

What would it feel like to actually enjoy yourself this holiday season? Join **Peggy Siegel** to discover the practice of writing and holding intentions, inviting energetic and spiritual support into our lives where we need it most. In this interactive session, we will notice where we get "caught up" by holiday expectations and define what is truly important to us amidst the physical and emotional demands for our time and energy. Each person will leave with at least several clear intentions for their upcoming holiday season.

Winter Solstice Silent Retreat

Wednesday, December 21, 9:30 a.m.-3 p.m.

Location: The Clearing (located less than an hour's drive west of Richmond in Amelia County)

Cost: There is no cost to participants

Chrysalis is delighted to co-sponsor this event with retreat hosts **Friends Marjorie Bertolino** and **Elizabeth Smith**. You are invited to share a time of silence and reflection at the Clearing. Friends will be able to pause in a place set apart from their busy lives and the stresses of the year-end holiday season.

Winter Solstice Labyrinth Walk

Thursday, December 22, 4:30-6:30 p.m.

Location: Outdoor Chrysalis Labyrinth (located at the corner of Westwood Avenue and Loxley Road, 3318 Loxley Road, on the campus of Union Theological Seminary)

Cost: Donations kindly accepted

Enjoy a quiet, contemplative time in the midst of holiday festivities. Celebrate the Winter Solstice at the Chrysalis Labyrinth.

Spiritual Seeker Series IV: Exploring Your Dreams

Wednesday, February 1, 7-9 p.m.

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

* \$5 early registration discount (by 1/18)

Long-known as "the royal road to the unconscious," dreams can become deep sources of wisdom for our lives-if we learn to listen and pay attention to them. This workshop, conducted by **Mimi Weaver**, certified dream facilitator, will introduce you to tools and techniques to begin this process of giving attention to your dreams and thus gaining a greater understanding of yourself and your direction for the future. **Please come with a dream in mind.** We will also explore recurring dreams or any significant dreams from your past.

Qi Gong: Cultivating the Body's Internal Energy

Tuesday, February 21, 7-9 p.m.

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

* \$5 early registration discount (by 2/7)

In the Chinese language, *Qi* (pronounced "chee") means energy and *Gong* means hard work. So Qi Gong means "working on the life force energy." A branch of Chinese medicine, Qi Gong combines slow, rhythmic movement, specific types of breathing and controlled concentration--leading to a synergy of body, mind and spirit. Regular practice results in high performance, good health and healing. Learn about this healing movement from **Glen D. Moore**, a 40-year practitioner and teacher of Qi Gong. **Wear comfortable clothes that will allow gentle movement and be prepared to practice.**

Spiritual Seeker Series V: Let Your Soul Speak: Journaling as a Spiritual Practice

Wednesday, March 7, 7-9 p.m.

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

* \$5 early registration discount (by 2/22)

Journaling can be a form of meditation, a path to self-discovery, a conversation with the Sacred, a means of recording what matters most in your life, or a method for gaining clarity and perspective. Join **Elaine Kiziah** and **Ann Forburger**, journaling partners for over five years, for this highly experiential session. We'll explore the basics and benefits of journaling, along with a variety of different techniques and prompts. **Bring your journal if you have one.** New to journaling? This program will be a great place to start. A seasoned journal writer? Share what works for you and discover new strategies for enlivening your practice.

Dancing in the Flames: A Celebration of Soulful Relationship

Thursday, March 15, 7-9:30 p.m.

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

* \$5 early registration discount (by 3/1)

The film, *Dancing in the Flames*, chronicles the life and work of renowned Jungian Analyst Marion Woodman, celebrated for her work in feminine psychology and addiction. With compassion and humor, Woodman invites us to share in her own soul journey. Accompanied by author and mystic Andrew Harvey, Woodson reveals a series of psychological "deaths" and "re-births" which have made her who she is today. **Carol Jacobs, MSW, LCSW**, and **Keren Vishny, MD, MA** will lead us in reflection and discussion following our viewing of *Dancing in the Flames*. Both Carol and Keren have completed the *BodySoul Rhythms*® Leadership Training Program with Marion Woodman, Mary Hamilton, and Ann Skinner, and currently serve on the board of the Marion Woodman Foundation.

Spiritual Seeker Series VI: Body and Soul: Sacred Connection

Wednesday, April 4, 7-9 p.m.

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

* \$5 early registration discount (by 3/21)

Explore what it means to live a life from the place of connection between our bodies and our souls. In this experiential workshop, **Carol Jacobs** will use the ground-breaking work of Marion Woodman, nationally-known Jungian analyst, to demonstrate how this connection of body and soul allows you to be strong enough to surrender. Carol's training and experience in the *BodySoul Rhythms*® movement make her uniquely qualified to lead this dynamic session of Spiritual Seekers. **Please wear comfortable clothes that allow movement and come prepared to practice.**

Intuitive Painting

Tuesday, April 17, 9 a.m.-Noon

Location: Gloria Umbach's home (directions provided upon registration)

Cost: \$25 Members; \$35 Non-members; \$10 Student members; \$15 Student non-members

* \$5 early registration discount (by 4/03)

Do you believe that you are not creative? Do you believe you have no artistic talent? Come join us to find out just how wrong you are!!! According to Aviva Gold, author of *Painting From the Source*, our "culture and educational system brainwashes us into believing that painting is open to only a handful of uniquely talented individuals worthy of the title of 'artist' yet indigenous cultures all over the world have always known that humans are innately creative." Join **Gloria Umbach, MSW**, and **Priscilla Burbank, Chrysalis President**, in Gloria's cozy attic studio to use paint, form and color to "rediscover" your inner creativity! It's there ... just waiting to be expressed!

Spiritual Seeker Series VII: Celebrate World Labyrinth Day

Saturday, May 5, 1 p.m. (Please arrive at 12:30 p.m. for a brief introduction to the art of labyrinth walking.)

Location: Outdoor Chrysalis Labyrinth (located at the corner of Westwood Avenue and Loxley Road, 3318 Loxley Road, on the campus of Union Theological Seminary)

Cost: Donations kindly accepted

Join us at the labyrinth for World Labyrinth Day--a global event intended to bring people from all over the planet together in celebration of the labyrinth. We will join the "Walk as One at 1," setting off a rolling wave of labyrinth walking as all participants begin walking at 1 p.m. in their local time zones. Walking the labyrinth is an ancient spiritual act and a physical meditation for anyone of any tradition or spiritual path.

Practice Groups

Nia

Seven Mondays, 7-8:15 p.m.

*** Session I: January 2 – February 27; Session II: March 5 – April 16**

*** Nia classes will not be held on January 16 and February 20.**

Cost: Members: \$60 for the 7-week session, \$11 per class; Non-members: \$75 for the 7-week session, \$15 per session

Join **Marybeth Grinnan, GeGe Beall, Janie Peterson & Ellie Sparks** for this expressive Body-Mind movement and lifestyle practice which integrates fitness, dance and music; creatively blending movements, concepts, and philosophies from Eastern and Western traditions. Nia combines easy steps, kicks, and stances and is suitable for all fitness levels. We'd love to add some new folks to our fun-loving group!

Nohra Gathering

3rd Sunday of each month (December 18, January 15*, February 19, March 18, April 15, May 20, June 17), 10 a.m.-Noon

*** Please refer to our website for the location of the January 15th Nohra Gathering.**

Cost: \$10 suggested donation

"Nohra" is an Aramaic word meaning *light* or *enlightenment*. Join kindred souls from varied spiritual backgrounds seeking a first-hand mystical experience of God in the many ways possible--through music and poetry, prayer and art, silence and sharing, song and dance--opening ourselves to new ways of seeing and understanding as we build bridges across divides and seek to live in unconditional love.

Facilitators: Joy Black & Page Fagalde

Reiki Exchange

One Sunday of each month (December 11, January 22, February 19, March 18, April 22, May 20, June 17, July 22, August 26), 4-6 p.m.

Cost: Donations accepted to help cover the room rental fee

Reiki is a healing practice that originated in Japan. Reiki practitioners place their hands lightly on or just above a person receiving treatment to facilitate the person's own healing process. Each session includes a time for sharing ideas and information, an opportunity to do energy work together, and a closing circle. The Reiki Exchange is open to all who have had a class in Reiki or other similar energy work.

Facilitator: Barbara Davis

Sacred Circle

Last Tuesday of each month (January 31, February 28, March 27, April 24), 7-8:15 p.m.

Cost: \$3 suggested donation

Sacred Circle is a time set apart from our busy world to connect to self, spirit and community. The intent of Sacred Circle is to create an opportunity to allow the mind and body to settle. The hope is that this time together, in an atmosphere of quiet and openheartedness, will inspire and support each of us as we move towards a life of wholeness and peace.

Shamanic Drum

3rd Friday of each month (December 16, January 20, February 17, March 16, April 20, May 18, June 15, July 20, August 17), 7:15-9:15 p.m.

Cost: \$20 suggested donation

Celebrate the spirit world with others who hold the Earth sacred. Drum, rattle, chant, dance, shape shift, and participate in life-changing shamanic journeying. Learn how to meet your power animal and experience other ancient healing techniques and rituals.

Facilitator: Rob Murphy

Registration Information

Please check out our new interactive website www.thechrysalisgroup.com for program details and registration information. You may also register by calling 804-359-0384 or by sending your registration payment to The Chrysalis Group, P.O. Box 7014, Richmond, VA, 23221.