Welcome to Charlson Meadows’ 2017 Summer Programs

The essence of retreat is that something done in the physical realm is related to the higher worlds.
— Z’ev ben Shimon Halevi

Nature’s Gift: Creativity
Sharon Franquemont & Nicole Rasmussen
Research confirms it: nature stimulates and nourishes creativity. Give yourself a day to paint, draw, photograph, play music, write, journal, or simply enjoy creativity’s spark in 142 acres of fields, wetlands, forests, and lakeshores. Go home rested with renewed enthusiasm for life.

Dates:
Saturday, July 29, 10 AM – 4 PM

Register

Nature, Prayer & Spirituality
Sharon Franquemont & Nicole Rasmussen

Nurses earn 7.0 CEUs

Dates: Saturday,
August 12, 9:30AM – 4:30PM

Register

Silence & Restoration
Sharon Franquemont & Nicole Rasmussen
Today’s fast paced world leaves little time to drop into silence and cultivate stillness. Yet, recent research reveals that silence enhances productivity. Nature invites a different kind of silence— with no electronic noise, your senses and imagination come alive. Join us. Awaken and restore.

Dates:
Saturday, August 26, 10 AM – 4 PM

Register

Due to constructions events will be held outside. Canceled in case of rain. Please bring your lunch for a picnic together.

Questions: Email Sharon@cmeadows.org or Nicole@cmeadows.org
www.CharlsonMeadows.org
Intuition in Healthcare

Mayo Meditation Space, UMN, East Bank campus, Mayo Memorial Building
420 Delaware Ave SE
Minneapolis, MN 55455

Sharon Franquemont
It is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it and rely on it. It’s my partner. - Jonas Salk

Integrating intuition, as a way of knowing, can balance our dependency on logic and reduce burn out. Research studies show that nurses and other healthcare professionals use situational intuition—knowledge that arises in the moment without the use of logic. Theorist Donald Schon called this ‘knowledge-in-action.’ Explore intuitive practices, hints for discerning true from false intuition, and guidelines for when and when not to use it.

Research references and other resources provided.

Meet Sharon Franquemont: See Intuition in Healthcare or Short Video: What Is Intuition (Ways of Knowing conference)

Participants need to bring their lunch or go out to nearby shops.

**Nurses earn 7.0 CEUs**

Dates: August 7, 9:30AM – 4:30PM

REGISTER

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Intuition and Self-Care

Unity Church-Unitarian
733 Portland Ave
St Paul, MN 55104

Sharon Franquemont
You have to leave the city of your comfort and go into the wilderness of your intuition. What you’ll discover will be wonderful. What you’ll discover is yourself. - Alan Alda

Intuition, from the Latin intueri, to know all at once, is part of self-care. Gift your logic with balance and rest. Integrate whole body knowing. Join us for specific intuitive skills, practice with discerning true intuition from false, and taping greater ease, creativity, and purpose.

Meet Sharon Franquemont: See Intuition in Healthcare or Short Video: What Is Intuition (Ways of Knowing conference)

Participants need to bring their lunch or go out to nearby shops.

**Nurses earn 7.0 CEUs**

Dates: August 21, 9:30AM - 4:30PM

REGISTER

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For additional information email: sharon@cmeadows.org

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