

Healing of the Whole Person Hildegard Workshop 101

Enter the world of St. Hildegard von Bingen, Medieval nun, visionary, herbal and natural medicine practitioner, abbess, composer, writer, whose knowledge about whole person healing and wellbeing perplexes modern science with her accurate predictions and formulas. During this workshop she will assist us in exploring a lifestyle responding to natural and heavenly rhythm of being based on her Golden Rules for a transformed lifestyle.

This immersive experience will include teaching based on St. Hildegard's sciences about renewing the whole person, body, soul and spirit, breakfast and lunch plus drinks and remedies based on Hildegard's recipes, prayer for healing, Q and A, music therapy. You will receive printable info with further instructions.

Schedule:

FRI: 7pm - 9pm

Teaching: How Jesus Heals the Whole Person Today?

Adoration: Worship, prayer, chanting and ministry time

SAT: 9:30am - 4pm

9:00 Registration

9:30 Breakfast Workshop: Setting for a Healthy Day

10:15 Session 1 Teaching: Hildegard's Harmonious Principles of Healing for Today

11:30 Practicum: Spirituality

12:00 Break

12:15 Session 2 Teaching: Physical Healing: Psychosomatic Connections

1:30 Lunch with Hildegard

2:15 Hildegard Remedy and Desert

2:30 Session 3 Teaching: Wisdom for the Whole Person Healing

3:30 Q and A

4:00 The end

SAT evening or SUN:

Session 4 Teaching: Emotional Healing - Head to Heart

Practicum: Music Therapy and Journaling, Ministry Time