



## S.E.E. (SPIRITUAL EDUCATION & ENRICHMENT)

*\*Minimum suggested love offering - \$10 to \$20 per class session*

*January - April 2019*

Class	Day & Date	Time	Teacher	Location
Kundalini Yoga	Thursdays	Thursdays, 7:00 pm - 8:15 pm	Mary Fehr	Pyramid
Biblical Power for Your Life	Sundays	10:00 am - 10:50 am	Licensed Unity Teachers	Welcome Center
Creating Compassionate Connections	Thursday, February 21st	7:00 pm - 9:00 pm	Dr. Nancy Little	Pyramid
Personal Boundaries and Effective Confrontation	Thursdays, March 7th - March 28th	7:00 pm - 8:30 pm	Denise O'Doherty, LPC, LMFT, LCDC, RN	Chapel
Family Constellations	Saturday, March 9th	1:30 pm- 4:30 pm	John H. Moore	Pyramid
*Meditation Practices	Thursdays, April 4th - May 2nd	11:00 am - 1:00 pm	Rev. Karen Tudor	Willet Hall
*Silent Walking Meditation Retreat	Saturday, April 6th	8:30 am - 11:30pm	Mary Cesaratto	Chapel



*Please contact Associate Minister Jeannarie Eck in the Unity office at 713-782-4050 for information on becoming a Licensed Unity Teacher or if you have any further questions about the classes.*

**Kundalini Yoga:** A beautiful physical and spiritual practice, Kundalini Yoga blends movement, breath, meditation, and mantra, guiding us to our Higher Selves and Oneness consciousness. Beginners welcome!

**Biblical Power for Your Life:** Exploring spiritual principles in the Bible to power up your life! Each week we will look at the metaphysical meaning of a specific verse and identify practical and contemporary applications. All are welcome!

**Creating Compassionate Connections:** Develop healthy and effective strategies to support others through life changes and loss. Learn how to offer kindness and compassion to yourself and others. Expand meaningful bonds of connection to those in your work environment, civic organizations, spiritual community, circle of friends and family. **Suggested Love Offering: \$25**

**Personal Boundaries and Effective Confrontation:** Denise O'Doherty, psychotherapist and Licensed Marriage and Family Therapist, will give tips and insights on how we can better define, love and protect ourselves through "Personal Boundaries and Effective Confrontation". Good boundaries affect everything we do. They give us freedom to be ourselves and they teach others how to treat us. Topics addressed will be what gets in the way of having good boundaries, the difference between rigid and flexible boundaries, and how to deal with passive and aggressive people by understanding their cost and payoff. Boundary setting tips, self-esteem, codependency, shame and guilt will also be addressed. **Cost:** \$125 (includes workbook) **Register at [unityhouston.org](http://unityhouston.org).**

**Family Constellations:** Family. We all have one. No matter how we feel about them our ties to our families are strong. They are our first tribe. For many years our very survival depends upon them. You might be surprised to learn that not only can we inherit their physical characteristics and beliefs, but also their sadness or the pain of their past traumas and life experiences. Family Constellations is a powerful healing tool that reveals the unconscious loyalties to our family system that often keep us trapped in recurring patterns and keep us from the happy and prosperous lives we were meant to live. In this experiential workshop, you will gain insights and new perspectives about your own family dynamics. The results can be life-changing. **Cost: \$40 Tickets available online or in the bookstore.**

**Meditation Practices:** This course focuses on the practice and the experience of various forms of meditation. Benefits of the various forms of meditation will be explored as well as methods to deal with resistance to it. There will also be helpful tips for developing a regular meditation practice. Practicing the Silence, Unity's meditation practice, is fundamental and foundational to Unity teachings. Therefore, it will be the primary meditation practice for the duration of the course. **Required Text:** *Meditation for Dummies. 2<sup>nd</sup> or 3<sup>rd</sup> Edition by Steven Bodiau* (Available for SEE credit)

**Silent Walking Meditation Retreat:** The session will begin with instructions on how to do a walking meditation followed by a 2-hour silent walking meditation, held here on the grounds of Unity. This is an opportunity to retreat from the world and find inner peace as you walk the grounds of Unity. No experience necessary. **Love Offering.**