RS 394 Experiential Workshops
Spring 2014

You have the opportunity to:

- Observe and Participate in Rituals
- Study and Discuss with Spiritual Masters
- Study Multiple Spiritual Traditions
- Learn about Meditation, Prayer, Chanting
- Meet with Spiritual Communities
- See Traditional Iconography, Dress, Architecture
- Hear and Sing Ritual Music
- Eat Traditional Foods (Yummmm!!)

For More Information:

- Come to the GEOG/RS Office (FH 109)
- Sign up, and go to Moodle for Details
- See the Link on the RS Website: [http://www.humboldt.edu/religiousstudies](http://www.humboldt.edu/religiousstudies)
- Capped out by Unit Cap? You can still come!!

Sign up for one or more being offered this semester:

- Zen – Feb 5, 8-9
  Arcata Zen Group. Instruction in Zen Meditation, Philosophy, and Practice.
- Chinmaya Vedanta – Cancelled – Planned again for Fall 2014
  Retreat Center on the Eel Near Richardson’s Grove. Led by Swami Ishwarananda. Traditional Hindu Vedanta Teaching and Practice. Indian Food!!
- Evangelical Christianity -- Mar 28-30 (Sara Hart)
  At Lighthouse Arcata in Arcata. Meet Evangelical Christians in Community. Music Worship Services. Traditional Teachings and Bible Study.
- Jewish Spirituality – Apr 4-6 (Sara Hart)
  Temple Beth El in Eureka. Led by Rabbi Naomi Steinberg. Experience Shabbat, Torah, Song, Dining.
- City of 10,000 Buddhas -- Apr 25-27 (William Herbrechtsmeier)