

The Spirited Movement Foundation is a 501 (c) (3) nonprofit organization whose mission is to improve the quality of life for people living with movement disorders through community, education and spiritual development.



3 Cedar Acres Drive
Cohasset, Mass. 02025
781 385-9401

www.spiritedmovement.org



Glastonbury Abbey in Hingham, Mass. is a light filled, accessible retreat center.

It is easy to get to by car or train.
For directions and more information, visit:

www.spiritedmovement.org

MOVING IN THE SPIRIT

**RETREAT FOR PEOPLE
WITH DYSTONIA,
MULTIPLE SCLEROSIS,
PARKINSON'S DISEASE
& OTHER MOVEMENT
DISORDERS**



Sat., May 14, 2011,

9:30 am to 3:30 pm

Glastonbury Abbey

16 Hull St., Hingham, Mass. 02043





Life with a movement disorder can be downright puzzling.

Everyday, we are challenged to put together the pieces of our lives in new and unexpected ways -- physically and spiritually. Movement disorders impact not just our bodies but also our relationship with God.

Moving in the Spirit is a day long interfaith retreat created especially for those of us who live with a movement disorder or care about someone who does. Upbeat, relaxed and refreshing, the retreat will include unique worship, guided meditation, discussion, tai chi, gentle chair massage and lunch. The cost is only \$49.

To register, or for more information visit www.spiritedmovement.org or call 781 385-9401.

Together, we can put the pieces together.

MOVING IN THE SPIRIT, MAY 14

An interfaith spiritual retreat for people living with Dystonia, Essential Tremor, Multiple Sclerosis, Parkinson's Disease and other movement disorders and those who care for them. For more information or to register, please visit www.spiritedmovement.org or call 781 385-9401.

WHERE WE'LL BE

Glastonbury Abbey is one of the most beautiful retreat centers in New England. Located in Hingham, Mass. just 30 minutes south of Boston, the Abbey is easily accessible by car. It is also located 1/4 mile from the Cohasset Stop on the MBTA's Greenbush rail line. Free pick up and drop off at the train station are available. For directions to the Abbey, visit www.spiritedmovement.org



WHAT WE'LL DO

In a warm, supportive environment, we'll have the chance to draw closer to God and one another. We'll enjoy unique worship and discussion. We will learn more about tai chi. and everyone will have a relaxing chair massage. A delicious lunch will be provided. Breaks will give anyone interested the chance to explore the Abbey's labyrinth, bookstore and chapel -- or simply soak up the sunshine we have on order!



WHO WE ARE

Spirited Movement's Director is Lindsay McGrath, M.Div. Lindsay has a Master of Divinity degree from Boston University School of Theology. She worked for many years as a hospital chaplain and is trained in spiritual direction and pastoral counseling. Lindsay lives with Cervical Dystonia. Jennifer Jensen, founder of Healing Touch Therapies, is pictured with her team above. A qualified tai chi instructor will also be part of our day.

Lindsay McGrath

