



# PATH OF THE WISE WOMAN WORKSHOPS | JANUARY-MARCH 2026

Jubilee United Church | 40 Underhill Dr, North York, ON

**SATURDAY**  
**JAN. 17th**  
**1PM - 4PM**

## **THE POWER OF OUR EMOTIONS:**

Tending to Our Inner Landscape

In this workshop we will explore the mind-body connection of our emotions; the energies they emit and their immediate and long-term influences on the physical, mental and emotional bodies.

Learn how to navigate your emotional landscape with love, compassion and strength, creating the conditions of peace in our lives and in our relations with others.

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**SATURDAY**  
**FEB. 21st**  
**1PM - 4PM**

## **LOOKING THROUGH THE EYES OF LOVE:**

Real Love vs. Illusion

In this workshop we will explore the many “ideas” and experiences of LOVE, learning to discern between the ego’s idea of love vs. unconditional love.

Learning how to love without attachment or agenda, leads us into a deeper and more authentic experience of loving - ourselves and others.

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**SATURDAY**  
**MAR. 21st**  
**1PM - 4PM**

## **SPRING EQUINOX, NATURE’S BALANCING ACT:**

Renewing, Regulating & Refining

Spring Equinox is a time of awakening and rebirth in the equal balance between night and day, light and dark, Sacred Feminine and Divine Masculine cycles. In this time of regulating and refining we are gifted with the wisdom and discernment necessary to prepare for the coming growing season, both literally and figuratively.

Come and celebrate this pivotal time of year on the Wheel of Life and align yourself with the sacred balance that is available to all of us.

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# PATH OF THE WISE WOMAN WORKSHOPS | APRIL-JUNE 2026

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## **SPIRITUAL SIGHT:**

### **Awakening Our Inner Vision**

How often do we doubt our intuitive knowing and dismiss our inner voice of wisdom that is always speaking to us?

In this workshop we'll explore our "Spidey senses"; reclaim them as natural gifts of birth and learn how to appreciate, nurture, and refine our relationship with them, to guide and guard us through life.



**SATURDAY**  
**APR. 18th**  
**1PM - 4PM**

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## **RHYTHM OF THE HEART:**

### **What Makes Your Heart Sing?**

Embedded deep within your heart is a wise and powerful guidance system, designed to lovingly teach, inspire, lead, protect and empower you, throughout your life. This is your heart's song.

Learn to "tune in" to your own frequency, listen to and honour your unique rhythm. Trust in and follow the beat of your own drum. Let it lead you to what makes your heart sing!



**SATURDAY**  
**MAY 16th**  
**1PM - 4PM**

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## **THEIR STORIES ARE OUR STORIES:**

### **Voices of the Sacred Feminine Through the Ages.**

In this workshop, Rev. Anne and Roz Espin will explore the voices and archetypes of the Sacred Feminine within scripture and beyond, reflecting timeless storylines that are woven into each of our lives.

By learning these stories and seeing our own reflected within them, we strengthen the weave of this living, sacred tapestry.



**SATURDAY**  
**JUN. 20th**  
**1PM - 4PM**

