

Developing Daily Practice



Daily spiritual practice is a commitment to self-care, as well as personal and spiritual growth. Depending on your tradition and beliefs, it may also be a commitment to your gods, coven- or Craft-mates. For a daily practice to work for us, it has to be something that satisfies our spiritual goals and that we enjoy. It also must fit into our daily life.

In this workshop, we will discuss some of the reasons for undertaking a daily practice, as well as its most common forms and commonly-encountered obstacles. We will then develop individual plans for starting, and maintaining, a daily spiritual practice.

This is a two-hour stand-alone workshop.
For more information, contact Amanda
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