

Finding and Living from the Center

Camp Asbury, Hiram, Ohio
December 2-4, 2022

This workshop is a basic introduction to presence. The focus is to learn the difference between doing the moment versus being the moment. When we experience being inside ourselves, at the center of our being, we can find and live in the center that was not possible before. We will explore different centering and grounding practices that will enable you to more fully be who you are.



Many spiritual practices focus on centering at the exception of grounding. In our session, we will explore that as above, so below and as without, so within are hints that enlightenment is not some we seek but that we experience deep within the wonders of ourselves.

We will use different energy practices to expand your awareness and sensitivity to living from the center

Bring your Stones including 4-8 pieces of granite

Each person is encouraged to bring whatever stones or crystals that feel appropriate or necessary to support your process. In addition, several stones will be provided for use during workshop. Some of the crystals will be gifted to you.

Limited to 21

We have limited the number of attendees to 21. A deposit of \$125 is required to reserve your place in the workshop.

Meals

Dinner will be served on Friday night, Saturday- breakfast, lunch and dinner, Sunday breakfast and lunch---departure between 2-3 pm

When and Where to Come

Registration will begin at 12:00 Noon on Friday, the 2nd at Camp Asbury. The workshop will begin Friday running into the night, Saturday all day and into the evening, and Sunday 9:00 a.m. to 2-3:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234.

For further information, kindly email Lisa Roll Kayser, kayseroll23@gmail.com or herb@onewhitehorsestanding.com

What to Pay

The fee for the workshop is \$495 if paid by November 1, 2022. **If paid after November 1, 2022, the fee is \$545.** Payments can be made via [Check](#), [PayPal\(herb@clevelandconsulting.com\)](mailto:herb@clevelandconsulting.com) or Zelle (440 241 6908). This includes rocks and crystals for workshop, room and six meals as listed above.



Deposit

To hold your space, send \$125.00 nonrefundable deposit to reserve a space in the circle. Please send a check, payable to Herb Stevenson, 9796 Cedar Road, Novelty, Ohio 44072. Once paid-in-full you will receive info on your stay at Camp Asbury.

Due to the workshop focus and the unique facilities, the attendance will be limited to 21 people.

Herb Stevenson



<http://www.onewhitehorsestanding.com>