

# Spiritual Tools for Joyful Living: A Self-Empowerment Workshop

Presented by Sacred Garden Fellowship

& Facilitated by:

Donald Gilbert, Brandon Jopko & Tehmina Meherali

**Sat., April 4th, 2020: 9am-5pm at Old Mill Toronto**

Attendees will learn how to:

- Apply practical spiritual tools that can be used in every day situations
- Recognize the Higher-Self vs Ego in order to live more joyfully
- Utilize the power within to create positive outcomes in their lives and within relationships

Donald Gilbert, MSW, is a teacher, therapist, and healer who lives and practices in Albany, NY. He is co-founder of Sacred Garden Fellowship (SGF), a non-profit, non-denominational group for spiritual seekers. Donald facilitates retreats, group intensives, and seminars which promote deep spiritual healing and transformation. Following a miraculous recovery from brain surgery in 1998, Donald retired as chairperson of Criminal Justice at Hudson Valley Community College to focus on his spiritual therapeutic practice.

Brandon Jopko, B.Ed. & Tehmina Meherali, M.Ed, are partners who have studied deep spiritual teachings since 2005. As educators, healers, and co-facilitators, they have promoted the power of spiritual techniques to groups of individuals who have experienced transformative results.

- Enjoy the historic charm of Old Mill Toronto in a supportive atmosphere
- Close to nature; minutes from the Humber River & Etienne Brule Park
- Workshop fee & materials, including a delicious Old Mill breakfast & lunch  
\$129 CAD tax incl.

Register by email:

[brandon@sacredgardenfellowship.org](mailto:brandon@sacredgardenfellowship.org)

