

QT

Spring 2015



April 24-26 - Quanita Roberson's Home - Cincinnati, Ohio
A Weekend of Quality Time that Changes Lives through Dialogue, Questions, Rituals, Stories, and Play

It is our belief and experience

- ▶ that human beings everywhere long for deeper and more meaningful connection. With themselves. With each other. With community. For some, with the invisible.
- ▶ that people sense that more is possible. That there is more to this life than the current patterns and stories that most of us live. More abundance. More kindness. More intelligence.
- ▶ that people are coded for community and connection.
- ▶ that the time to explore together as friends is now! We are all being called to step up, take our place and fulfill our sacred contracts.

QT is an invitation

- ▶ to experiment with real time deep inquiry.
- ▶ to devote a weekend to the practice of being deliberately curious with friends.
- ▶ to connect more soulfully to what is important to you.
- ▶ to come into different relationship with stress and challenge.
- ▶ to interrupt unhelpful patterns and thoughts that restrict vibrancy and choice.
- ▶ to an ongoing semi-annual series of dialogues that change human lives.
- ▶ to listen to the whispers and calls of your soul.

At QT Spring 2015 we will explore together what is most present, potentially including

- ▶ what you bring from your life that is holding your attention.
- ▶ the relationship between healthy masculine and healthy feminine.
- ▶ the relationship between form and freedom, what contains and what swirls.
- ▶ following beauty as an essential operating system for complex times.
- ▶ becoming becoming.
- ▶ “worry” as a wound speaking.
- ▶ presence as the portal to integration and well-being.
- ▶ unconditional love, what it looks like, sounds like, and feels like.

QT Spring 2015 Hosts

- ▶ **Quanita Roberson:** I am so excited about QT because I believe that we are all being called to step into our genius, individually and collectively. The way we do this is to come together with others who are also on this journey. Holding a drum beat and reminding each other of the truth of who we really are. Tenneson and I have been doing this online and have felt it's power and invite you to join us in person.
- ▶ **Tenneson Woolf:** QT is really appetizing to me as a way of supporting deep, yet simple presence together. I have found that paying attention to what has our attention is gateway to ample, ample, insight and learning arenas that make a difference in life, work, and family. Yes, Quanita and I have been doing this together for the last two years, quite naturally. I want to experiment more with this and with more friends.



To Participate

- ▶ Contact Quanita (qmunday@hotmail.com; 513 476 0416) or Tenneson (tenneson@tennesonwoolf.com; 801 376 2213) by April 10, 2015.
- ▶ Requested contribution to cover expenses is \$75-150.
- ▶ Space is limited to 14 people.
- ▶ We start on Friday at 6:00 p.m. We eat. We check-in. We follow our appetites. We sleep. We start at 9:00 a.m. on Saturday and Sunday, doing more of the same. We stop on Sunday at 1:00.
- ▶ Accommodation suggestions available on request through Quanita.