

# *Bowing Before the Wind: Lessons in Resiliency*

*Saturday, April 13, 10:00am–3:00pm*

*A Columcille Workshop  
Created and conducted  
by Ryan Sullivan*

***Lessons in Resiliency* is a workshop about small, easy changes or additions you can make to your life that dramatically increase your ability to deal with the "bad times." Focusing on four interconnected domains of resilience—your physical, mental, emotional, and spiritual journeys—the workshop alchemically fuses your experiences with a framework to bolster your innate coping mechanisms to weather the storms of life, and be prepared to thrive in their wake.**

**Requested Workshop Donation: \$25  
(\$20 for Members of Columcille and students with ID)**

Please bring a bag lunch (beverages and desserts compliments of Columcille) and a lawn chair or blanket for outdoor seating; workshop will be held indoors in case of rain.

Please address any questions to Ryan Sullivan via email: [oran@columcille.org](mailto:oran@columcille.org)

You may enroll via PayPal at [columcille.org/membership](http://columcille.org/membership) (enter "custom amount" under Traveler) or by sending your check to our mailing address, to be received by Monday, April 8, 2019.

All proceeds from this workshop are donated to the continuing care of Columcille Megalith Park.

Ryan Sullivan, an experienced counselor and teacher, is a seeker himself—continually striving to embrace the Love of Mystery, and the Burn and Buff, which were embodied by Columcille's founder, while always remembering, "The way we think it is, may not be the way it is at all!" Currently serving as Columcille's Vice President for Public Relations and Outreach, Ryan holds a Bachelor's Degree in Political Science and Religious Studies, a Master's Degree in Counseling, and an Educational Specialist Degree. He lives in Greensboro NC, with his wife, two children, two senior dogs, and four cats.

## **Columcille Megalith Park**

2155 Fox Gap Road

Bangor PA 18013

610-588-1174

email: [oran@columcille.org](mailto:oran@columcille.org)

[www.columcille.org](http://www.columcille.org)

