



**South-Central Synod of Wisconsin  
Evangelical Lutheran Church in America**  
God's work. Our hands.



## **SPEAKER'S BUREAU CONTACT INFORMATION**

**TOPIC:** Contemplative Practices

**FIRST NAME:** Sandy

**LAST NAME:** Salvo

**ORGANIZATION/COMPANY:** Centered-Connections

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### **DESCRIPTION OF YOUR OFFERING:**

The focus of this offering, usually done as a retreat or workshop, is to experience various forms of Contemplative Practices to explore which styles you are drawn to or feel most comfortable with. Contemplative Practices are rooted in the desire to improve our awareness of the inner wisdom that lives within each of us, and connect with something greater than ourselves, our creator God.

Using the Tree of Contemplative Practices as a framework, your group could choose to explore all or some of the following: walking and moving meditation such as Tai Chi, Qigong, gentle Yoga, Centering Prayer, Loving Kindness meditation, creative avenues such as journaling or singing, and/or relational practices such as deep listening and storytelling.

I am also available to simply lead a Qigong/Tai Chi session as part of your retreat or program, to help center and focus your efforts for the work ahead. These sessions are usually 30-60 minutes and involve slow, flowing movements that can be performed standing or seated.

### **BIO:**

Sandy has over 30 years of experience in the health and wellness field, certified in meditation and Qigong/Tai Chi (Institute of Integral Qigong and Tai Chi), resilience training (National Wellness Institute) and trained in Centering Prayer (COSEW). Currently retired from full-time work, Sandy enjoys devoting her time to the things she loves most: Retreat planning, facilitation training, Qigong and meditation instruction, personal contemplative practices, biking and time with her precious grandchildren.