



5718 N US-67 (Lindbergh Blvd.)  
Florissant, Missouri 63034

314-741-6599



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

# WELCOME TO

---

## PEACE TREE SPIRITUALITY CENTER

**AT PEACE TREE WE GROW  
DEEP ROOTS AND WIDE BRANCHES;  
TRANSFORMING OURSELVES AND OUR WORLD.**

We are committed to holding sacred space:  
for change makers to vision and renew;  
where we can meet at the intersection of our differences;  
and where oppressive structures are analyzed and dismantled

### Individual Retreats

Peace Tree Spirituality Center holds sacred space for you to settle into a slower pace, soak in the silence, and begin to feel and see more deeply. During your stay you may wish to:

- Walk our labyrinth
- Meditate
- Remember
- Borrow a book from our spiritual library
- Stroll the gardens and grounds
- Create art or journal
- Fall into a more natural soul rhythm
- Get a massage
- Speak with a Spiritual Director

### Workshops and Community-Building Re- treats

Peace Tree Spirituality Center holds sacred space for your group to get away, connect more deeply, and find new life and energy. Gather at Peace Tree for:

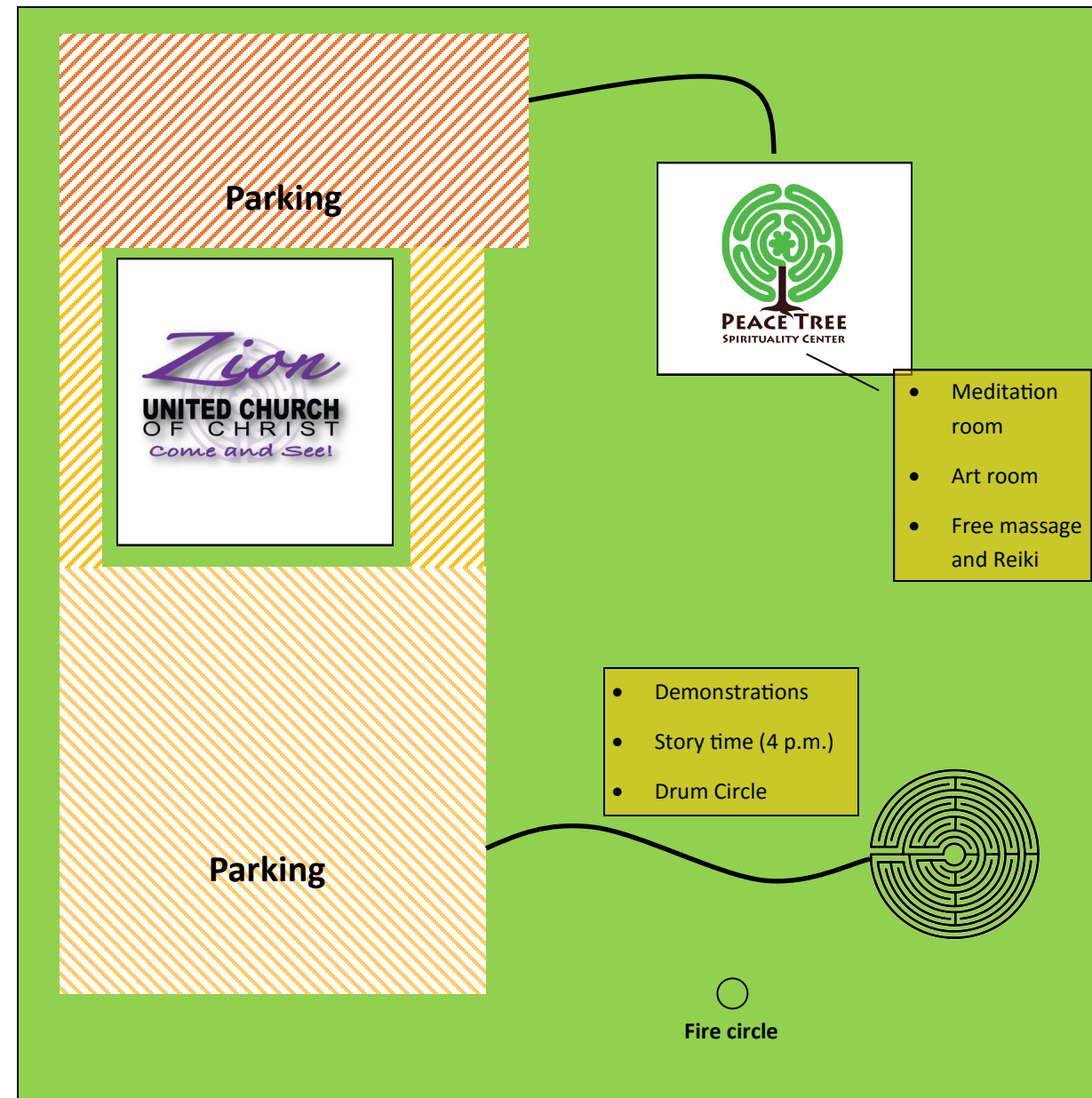
- Leadership retreats
- Youth events
- Visioning
- Spiritual renewal
- Education events
- Healing
- And more...

**Call or email  
to make a reservation.**

314-741-6599 • [director@peacetreecenter.org](mailto:director@peacetreecenter.org)

## MAP OF GROUNDS

US-67 Lindbergh Blvd.



# SCHEDULE

## Peace Tree Spirituality Center (house)

Time	Experience	Location	Leader	Description
All Day	Tour the Spirituality Center	Peace Tree House	Self guided	Stop in for refreshments and learn more about Peace Tree holding sacred space for individuals and groups
All Day	Art and Adult Coloring Meditation	Creation Room	Self guided	Art therapy is not only about learning and improving yourself — it's a means of personal expression, too.
2:00-5:00	Learn about Spiritual Direction	Fire place Room	Joan Mertens, Susan Ulmer, Devoree Crist, Anne Knight	Spiritual direction is the practice of being with people as they attempt to deepen their relationship with the divine, or to learn and grow in their own personal spirituality.
2:00-5:00	Massage Therapy	Spiritual Direction room	Christina Sweeney	Massage has been shown to have healing effects on the mind body and spirit.
2:00-5:00	Reiki (healing energy art)	Spiritual Direction room	Stephanie Deisner Amber Campbell	Reiki is a Japanese healing energy practice that channels energy to the chakras (energy centers) of your body.
2:00-2:30	Spiritual Practice	Meditation room	Susan Ulmer	Spiritual director, Sue Ulmer, will offer an experience of contemplative practice in your daily life.
2:30-3:15	Zen Buddhist Talk and Meditation	Meditation room	Tom Bradshaw	Learn about the practice of Zen Meditation and sit with Zen Buddhist priest, Tom Bradshaw, who will guide you through the experience
3:15-3:45	Mindfulness Meditation	Meditation room	Devoree Crist	Spiritual director, Devoree Crist, will guide you through a mindfulness meditation.
3:45-4:30	Breathe-Mind Meditation (SKY)	Meditation room	Andy Nunberg	Andy combines human values education with breath based interventions that eliminate stress and trauma.
4:30-5:00	Heartfulness Meditation	Meditation Room	Rakesh Awasthi	Heartfulness is a simple, practical way to learn to relax and discover the unlimited resources of the heart.

## SCHEDULE (CONTINUED)

### Labyrinth and Surrounding Grounds

---

Time	Experience	Location	Leader	Description
2:00-3:00	All Levels Yoga	Labyrinth	Amber Campbell	Experience a full yoga class with poses modified for those beginning their practice
3:00-7:00	Walk the labyrinth and prayer garden	Labyrinth and grounds	Self guided	Learn more about walking meditations and the ancient practice of walking a labyrinth
3:00-4:00	Tai Chi	Grounds near labyrinth	Paul Reed	Tai Chi is a Chinese martial art that uses the forces of yin and yang in its moves and promotes health and longevity.
2:00-5:00	Yoga in everyday life	Grounds near labyrinth	Meg Gwyn	Yoga instructor, Meg Gwyn, will offer short sequences of simple poses for you to practice in your home or office
2:00-5:00	Shibashi	Grounds near labyrinth	Erlin Perlado-Mertens	Shibashi is a gentle, beautiful and flowing qigong exercise routine that is both a joy to do and deeply relaxing.
4:00-5:00	All Ages Story Time	Fire Circle	Jessica Gazzola	Find yourself captivated by the magical art of storytelling and join in the fun with the young and the young at heart.
5:00-5:30?	Drum Circle	Labyrinth		Feel the heartbeat of life. Bring a drum or keep the beat with your feet and hands.
5:00-7:00	Bonfire with smores	Fire Circle	Zion UCC	Why does the flicker of a fire attract our gaze and settle our mind? Experience community in the circle of light and warmth.



## PEACE TREE'S CO-DIRECTORS



### **Jessica Gazzola**

Jessica is an ordained priest in the Ecumenical Catholic Communion and mother to three children. Her spiritual journey has spiraled in and through and around institutional religion, but always finds rest in the Divine voice that resides within. Peace Tree is a sanctuary for her soul.



### **Anne Knight**

Anne is a Spiritual Director, receiving a certificate from [Aquinas Institute of Theology](#), St. Louis in 2006. She recently retired and enjoys journeying with others to find their own way to the Holy One in ordinary life. Anne finds the sacred space at Peace Tree able to remove the barriers that keep us from knowing how deeply connected and embraced we are in the ocean of the divine.



### **Meg Gwyn, Yoga Instructor**

Meg is a 16-year practicing yogini; she connected with yoga in college. Recently trained, she enjoys teaching Vinyasa, Power, Deep Stretch, Hot, Restorative and other types of flows. Meg owns Gwyn Yoga, LLC, offering private sessions and park yoga.



### **Andrew Nunberg, Breath-Mind Meditation**

Andrew Nunberg is an instructor with the [International Association for Human Values](#) and has been facilitating programs that combine human values education with breath based interventions that eliminate stress and trauma to a variety of communities for the past 12 years. Such communities include those living with HIV, refugees, university students and community organizers/social activists. Andy is a long time student of the Vedic tradition of ancient

India that describes a way of life that allows every human being to tap into their potential to reflect Infinity.



### **Dr. Devoree Crist, Spiritual Director**

Dr. Devoree Crist is a spiritual director, retreat leader and writer. Her work as a companion on the spiritual journey is primarily with individuals but she has also walked with couples and groups. She believes that God meets us where we are and that opening to and embracing the Holy in our lives allows us to become our true selves. Spiritual practices are as diverse as human beings and when each person discovers her/his/their own ways to connect to the Source of Life so much is possible.



### **Stephanie Deisner, Massage Therapist**

Stephanie is a Licensed Massage Therapist and Certified Reiki Practitioner. She received her 600 hours of coursework at The Healing Arts Center, the oldest and largest massage therapy training program in the St. Louis region.

She offers Swedish massage, deep tissue, myofascial release, sports massage, prenatal massage, oncology massage, hot stone massage and facials, massage for people with diabetes, massage for scars and scar tissue, and trigger point therapy.. Her compassion-driven approach is demonstrated in a fully customized experience, blending and utilizing the modalities that best meet your needs. Balance your body, mind, and soul through the power of healing touch.



### **Amber Campbell, Yoga and Reiki**

Amber is a Usui Reiki Master and a Yoga Instructor. She completed her 200-Hour Teacher Training through YogaWorks. Amber is known for her authentic, non-judgmental teaching style and compassion-centered philosophy.

After obtaining her teaching certificate, Amber continued to seek out holistic ways to improve the health of herself and others. She began studying under Usui Reiki Master & Teacher, Lisa Powers, B.Ki., B. Ed, and was attuned as a Reiki Master. Amber offers Traditional Reiki, Crystal Reiki, and Animal Reiki.

She is committed to a continuous study of self-healing, preventive therapies, stress management and mind-body wellness. She welcomes all levels and walks of life. She strives to be a resource to all her students and clients.



**Rev. Tom *Shindo* Bradshaw, Zen Buddhist Meditation**

Rev. Tom *Shindo* Bradshaw is a Zen Buddhist priest who teaches at [Shinzo Zen Meditation Center](#). His teacher, Rev. Kalen McAllister, founded the center. She ordained him in March of 2016.

In addition to leading Zen meditation & Dharma discussions at the Center he has given talks to groups including women in the [Let's Start](#) program, elementary students at City Garden Montessori School, two United Church of Christ congregations as well as leading both beginners' & family nights at the Zen center. Shindo writes for the Inside Dharma Buddhist newsletter sent to around 900 prisoners nationwide. He also leads Zen meditation & Dharma discussions in the city.

He devotes his time to his family, his son's school, the Sangha (the Buddhist community) & the non-profit [Inside Dharma's](#) Buddha Bags for the Homeless program.

His aim is to establish a diverse inclusive Zen center in the city of St. Louis.

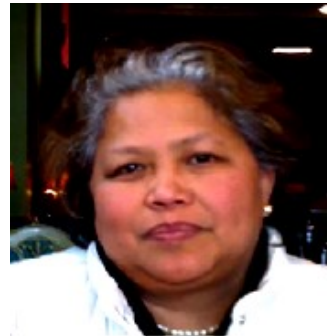
---



**Paul Reed, Tai Chi Instructor**

Martial arts training: (Started 1972)  
Black Belt Kenpo  
Black Belt Shuai Chiao  
3rd Degree Black Belt Youn Wha Ryu  
Yang Style Tai Chi  
Chen Style Tai Chi (10 Years under Violet Li (disciple of Chen Zenglei))

---



**Erlin Perlado-Mertens, Shibashi Instructor and Free Lance Chaplain**

Spiritual Chaplain  
M.A. Pastoral Studies  
M.A. Religious Studies in Women & Religion

Erlin's experience of an open and affirming God and her faith journey from institutional religion to belief in a free faith makes her a very affirming spirit guide for any seeker. She Integrates indigenous, Asian spiritualities with Christian traditions. She facilitates body based meditation and prayer with Shibashi.



**Susan Ulmer, Spiritual Director**

Susan Ulmer is a Spiritual Guide/Companion and retreat leader who will explore being present to invitations, guidance and wisdom of the Holy, the Universe, one's own Truth, \_\_\_\_\_ (you fill in the blank). Susan is an active progressive Christian, with an openness to learning from traditions and understandings other than her own.

---



**Christina Sweeney, Massage Therapist**

Christina Sweeny is a licensed massage therapist, originally from New York City. She received her Associate's Degree in Massage Therapy from the Swedish Institute in NYC in 2000. Along with John F Barnes Myofascial Release training, Christina has studied manual lymphatic drainage, shiatsu, Feldenkrais Method, Pre-natal massage, Thai massage, Reiki, and Integrative Energy Therapy. She is currently employed at Quantum Healing Arts in Kirkwood, MO; where they specialize in myofascial release. When not working, Christina enjoys hiking,

---



**Joan Mertens, Spiritual Director**

B.A. Theology  
M.A. Sp. Ed.  
Joan earned her certification in Spiritual Direction with the SOPHIA CENTER *Souljourners* in Atchison, Kansas. Her experiences of God's ever constant love in creation enables Joan to witness and accompany other seekers in their path to wholeness and happiness.

---



**Rakesh Awasthi, Heartfulness Meditation Instructor**

Rakesh has studied the art and science of meditation for over 14 years. Having dedicated much time to meditation with genuine spiritual Masters, he teaches their method, which is now known as Heartfulness. He enjoys meeting people and help them learn to meditate and lead a centered and peaceful life. He offers the experience of this ancient practice to spiritual seekers—without charge.