



Filled With Less Cultivates Health and Wellbeing Through the Beauty of Orthodoxy

Filled With Less Retreat Overview for Marketing Purposes (Please see filledwithless.com for the official PDF)

Cynthia Damaskos - Certified Integrative Nutrition Health Coach specializing in Functional Medicine, Nutrition and Lifestyle Management. Author of The Holistic Christian Woman and host of the Holistic Christian Life podcast.

Molly Sabourin - Author, podcaster and blogger for Ancient Faith Ministries for the past fifteen years. In 2019, she embarked on a decluttering journey that would end up changing her life and introducing her to the power of intentional living. By the grace of God her path crossed with Cynthia's and together they began immersing themselves in the pursuit of peace and simplicity. Their shared passion for developing healthy habits and routines evolved into their ministry, "Filled With Less". It is their deepest desire to help others cultivate health and wellbeing through intentionality and the beauty of Orthodoxy.

Together they created the Filled With Less Ministry which currently includes a course called Six Weeks to Sanity which is held periodically throughout the year, a Membership Community, a Book Club, and many resources and opportunities for growth and intentional living through the lens of the Orthodox Christian Faith. They co-host The Filled With Less Show on Ancient Faith Radio.

The retreat has four presentations that end with time for personal reflection, sharing in a group setting, and Q&A. It includes time for two breaks plus lunch. It can be fit to the host's schedule depending on if they want to start with a prayer service. Typically 9am to 3pm has worked for past retreat attendees. A Powerpoint presentation will be used, therefore **a projector and screen are required**. Also helpful is a microphone if the audience requires it. A lavalier mic is preferred so that we may move around while presenting.



Presentation #1 – **DEVELOPING A PEACEFUL MINDSET**

Purity and simplicity
Inner Turmoil
Stillness
Silence
Hesychasm
Gratitude
Prayer

Presentation #2 – **TAKING CARE OF HIS TEMPLE**

Nourishment
Sleep
Stress
Movement
Community
Lifestyle Assessment

Presentation #3 – **COMBATING OVERWHELM**

Morning Stillness
Journaling
Clutter

Presentation #4 – **LIVING INTENTIONALLY**

Time Management for the Christian
Balance
Goal Setting

Worksheets are provided for each presentation to be used for the breakout sessions. They will be shared the week prior so that the host may print out as many as needed. In keeping with the theme, many hosts strive to offer a healthy lunch. The eating philosophy is outlined in the ebook What To Eat by Cynthia Damaskos, and can be found at filledwithless.com



GRAPHICS THAT CAN USED

