

The Centre



Many of our workshops are held at the learning centre, a large, spacious house on the banks of the Jock River at the south end of Barrhaven. Woods and a large lawn surround the other sides of the Centre.

Within, it's an open space. From the main gathering room, participants can look out upon the rapids. We have a mix of seating: you can sit in a chair, you can relax on a couch, you can stand, you can lie down on the floor.

Occasionally, people need to take a break from the main room and relax elsewhere, where you can continue to follow what's happening on a monitor.

Food is a major part of any good gathering of friends. There is no shortage of healthy food available: some healthy for the body, some healthy for the soul. Some of the best conversations (and sometimes learnings) occur while sharing a meal with others. The Centre has a large, bright basement where we have our meals and snacks. When the weather is nice, many people choose to eat outside or go for a walk around the area. It goes without saying (but we are saying it) that we have coffee, milk, and a wide selection of teas and soft drinks available.

The location, the food, the conversations: all of these help develop the sense of community that rapidly forms during the workshops. We hope that you'll feel at home while you're with us!