

Toronto 2025 - Weekend Overview

Where we'll be

Japanese Canadian Cultural Centre, 6 Sakura Way, Toronto, ON M3C 1Z5, Canada.

There's plenty of free parking there.

We'll be in the Heritage Lounge.

Also: nearby Sunnybrook Park, 1132 Leslie St.

About our practice time

We'll take time to practice in several ways. We'll have some classic Realization Process practices, but we'll also bring the exercises into creative play. Candace will teach an Embodiment session with movement, Thomas will offer a creative arts session (no, you don't have to know how to draw!), Christa will offer a session blending RP and voice exploration, and we'll head out to a nearby park to experience Fundamental Consciousness in nature.

About meals

Your registration fee covers lunch and dinner on Saturday, lunch on Sunday (also coffee, tea, and snacks). We'll be doing takeout, so you'll have plenty of options – we may even go with two restaurants at a time for maximum flexibility.

Weekend Flow

NOTE: this may shift depending on weather etc. The official programming finishes with Sunday lunch, again for flexibility – there might well be other informal activities afterward.

Saturday, June 28

9:00 am – 9:30 am	Gathering, coffee/tea
9:30 am – 10:00 am	Welcome and opening practice
11:30 am – 12:45 pm	Sunnybrook Park
12:30 pm - 1:30 pm	Lunch
1:30 pm - 2:45 pm	Embodiment - Candace Cave
2:45-3 pm	Break
3 pm – 4:15 pm	Open Space conversation(s)
4:15 pm– 4:30 pm	Break
4:30 pm – 5:45 pm	Voice & RP - Christa Ray

5:45 pm - 6:00 pm	Break
6:00 pm	Dinner (onsite) - families and friends invited
After dinner	Social time? Restorative yoga? Music? Dance? Local festival? Mini golf? Games? TBD depending on everyone's interest

Sunday, June 29

9:00 am – 9:30 am	Gathering, coffee/tea
9:30 am – 9:45 am	Opening practice
9:45 am – 11:15 am	RP and creative arts - Thomas Lai
11:15 am – 11:30 am	Closing Practice
11:30 am - 1 pm (or so)	Lunch
Rest of the day	Free