



QT

OCTOBER 5-7, 2018

A WEEKEND OF QUALITY TIME
THAT CHANGES LIVES

DIALOGUE
QUESTIONS
RITUAL
STORY
PLAY

REGISTER

It is our belief and experience that

- human beings everywhere long for deeper and more meaningful connection. With themselves. With each other. With community. With the unknown.
- people sense that more is possible, that there is more to this life than the current patterns and stories that most of us live. More abundance. More kindness. More intelligence. Perhaps more simplicity.
- people are inherently coded for community, connection and meaning-making.
- that the time to explore together as friends is now, to step up, to take our place, to fulfill our sacred contracts.

QT is an invitation and practice, since 2015

- to experiment with real-time, deep inquiry.
- to devote a weekend to the practice of being deliberately curious with friends.
- to connect more soulfully to what is important to you.
- to come into different relationship with stress and challenge.
- to interrupt unhelpful patterns and thoughts that restrict vibrancy.
- to an ongoing annual series of dialogues that change human lives.

At QT Utah 2018, we will explore together what is most present among us, including

- how to have meaningful conversation about race, difference, and equity.
- improving ability to sit with and witness each others' stories.
- what you bring from your life changing, that is holding your attention.
- the relationship between healthy masculine and healthy feminine.
- working with tensions in escalated extremism.
- radical authenticity in showing up anywhere we go.
- being in relationship with the subtle or less visible.

Hosts, Quanita Roberson & Tenneson Woolf

Quanita: This will be our 8th QT retreat. It strikes me that QT focuses on being with each other in each and every moment and that those moments turn into days and those days into years and here we are 3 years later coming together again. QT, a cardiac term that means the measurement between heartbeats touches my heart. I love that I get to do this with my friend Tenneson and that people have joined the journey of being human and divine with us.

Tenneson: QT is a tradition that feels deeply and compellingly honest to me. For three years now, Quanita and I have been welcoming and cultivating community in our homes through this form. There is no performance. There is only presence. Yet, to cultivate this together in the space of a weekend, there is reach to all layers of life — self, partner, family, team, community. It is important to reclaim the profound and the simple in our lives. Quanita is a friend and colleague that I have deep respect and appreciation for, and that I find uniquely able to be in this full range.

To Participate

- Register soon, [here](#) -- space is limited to 12 people.
- Requested contribution to cover expenses via check or PayPal is \$150-200 (meals, snacks included)
- We start on Friday at 6:00 p.m. We eat. We check-in. We follow our appetites. We sleep. We start at 9:00 a.m. on Saturday and Sunday, doing more of the same, including some time outside! We stop on Sunday at 1:00.
- Accommodation suggestions available on request through Tenneson (hotel or shared Air B&B). Some space available at his place, 170 North 400 West, Lindon, Utah



WELCOME THE CHANGE

MORE INFO

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REGISTER