

TO PARTICIPATE

[CLICK HERE](#)

Or contact Tenneson
(tenneson@tennesonwoolf.com;
801 376 2213) or Quanita
(qmunday@hotmail.com;
513 476 0416) by Sept 1, 2019.
Requested contribution to
cover expenses is \$150-200
(meals, snacks included) Space
is limited to 10 people.

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.

CONTACT US

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QT UTAH 2019

***A WEEKEND OF
QUALITY TIME
THAT CHANGES
LIVES***

**DIALOGUE
QUESTIONS
RITUAL
STORY
PLAY**

Sept. 6-8, 2019

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.



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.

“The QT weekend was, simply put, an extraordinary experience of well-being. Of love being. Because of the space created and held by Quanita and Tenneson, we witnessed together what it means to see each other, listen with intention, and be in community.”

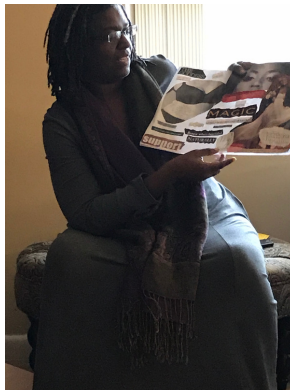
-Anthony Weeks



AT QT SPRING 2019 WE WILL EXPLORE TOGETHER WHAT IS MOST PRESENT, POTENTIALLY INCLUDING

- how to have meaningful conversations about race, difference & equity.
- improving ability to sit with and witness each others' stories across cultural differences.
- what you bring from your life, or life changing, that is holding your attention.
- the relationship between healthy masculine and healthy feminine.
- working with tensions in escalated extremism.
- what is our responsibility to ourselves and each other.
- who are the elders in your life, how do you identify them, and how is your inner elder developing.

CREATOR & COHOST QUANITA ROBERSON



Quality Time, Quanita & Tenneson, Cutie... all possible meanings of QT, my favorite by far is the cardiac term, QT that means the measurement between heartbeats. This is what this gathering means to me. It is a time to expand the space in our hearts, time to reconnect to each others hearts and time to remind ourselves of our global heart. The fact that I get to do this with Tenneson, one of my favorite people on the planet and that I get to be with more people that I considers special fills my heart with joy. Getting to be with my other Utah friends is icing on the cake.

CREATOR & COHOST TENNESON WOOLF



QT is really one of my favorite gatherings -- we've now grown this little experiment into nine convenings over the last four years. I love seeing people appreciate the gentle yet powerful format. I love seeing people (self included) reclaim clarity within themselves. I love submersing myself in the present moment of all of it, trusting it to be enough. QT is retreat. It's timely attention. It's wondering and wandering in to be deliberately curious, thoughtful, and, well, simply human together. Because that is what so many of us need and crave. Quanita is a friend and colleague that I have deep respect and love for — hosting together is a time when I grow immensely.