

Into the Calm

A two-day Christ-centered seminar

You don't need one more person telling you not to worry.

You need a compassionate way to understand what anxiety is doing in your mind, body, and spirit—and practical ways to meet God there and begin turning toward peace.

October 23–24, 2026

8:00 AM–5:00 PM

Ashland Seminary • Ashland, Ohio

\$299

DAY ONE	DAY TWO
It All Begins with Jesus Worship & Ministry Introduction to Present Moment Awareness Our Polyvagal World Terry's Baker's Dozen Two workshop sessions	Worship The Importance of Identity and Attachment A Values-Driven Life Turning Toward Peace – Parts 1 & 2 Two workshop sessions Closing Ministry Time
WORKSHOPS Workshop 1: Creative Engagements Workshop 2: Engaging Your Body Workshop 3: Connecting and Co-Regulation Workshop 4: Leading Others in Transformation Every participant attends all four. Lunch is on your own both days.	

For those who struggle with anxiety · For those who love them · For those who care for them

"I am forever changed."
2025 PARTICIPANT

98% rated the 2025 event Excellent or Very Good
100% agreed the teaching balanced biblical foundations, spiritual formation, and behavioral science

RESERVE YOUR SEAT

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