

Holistic Directed Retreat

Seeing, Listening, Being Present

August 16-22, 2010
Come 2 or more days
At Marydale Retreat Center



Presented by:
The Center Within 

This retreat provides a space to gather with women and men in a circle of faith, silence, and prayer. Each day you will have the opportunity to meet with a spiritual director to assist you in listening to the Divine Spirit within you, and to help you find your own personal way of prayer.

The retreat **begins** with registration 10:00 AM on Monday, August 16, and **ends** with communal prayer beginning at 2:00 PM on Sunday, August 22.

Opportunities within the retreat to assist in contemplating your body/mind/spirit self include:

Sitting Meditation **Tai Chi** **Time in Nature**
Massage and Energy Healing **Walking a Labyrinth** **Daily Spiritual Direction**
Daily Prayer with the Gathered Community

Staff of the Center Within:

Kathleen Hartman Blackburn, Kristen Corcoran, Elmer Fischesser, Gerry Hair, Mary Ann Humbert, SC, Julie Murray, Linda Young, Donna Steffen, SC, Jenny Straw, Jean Marie Stross

Marydale Retreat Center is located on 400 acres of land in Northern Kentucky, a short distance to the Cincinnati-N. KY airport. Free airport shuttle is offered. Retreatants have private rooms with sinks. The building is air-conditioned.

Fee: \$80. - \$110./day

\$560.-\$770. for entire retreat. **Add \$25. if postmarked after July 25.** \$25. refunded if cancel by Aug 3.

Fee includes: \$54/day room and board, daily spiritual direction, liturgy, morning meditation, tai chi, brochures, mailing, and administration.

We offer a **sliding scale** to allow the diversity of people we serve to participate, while working towards a just stipend for those working on the retreat. Scholarship assistance is available upon request.

Massage and Energy Healing sessions are an additional \$55.

Registration Form (Please Print)

Name _____ Address _____ City _____

State _____ Zip _____ H Phone _____ Cell or Work Phone _____

E Mail: _____ I will arrive (day+time) _____ I will leave (day+time) _____

_____ I will be here for the Whole Retreat

_____ Yes, I do want a massage. (If applicable) I have contacted _____ to be my spiritual director.

Send a \$50. deposit (\$25. refundable before Aug 3) with this registration. Make checks payable to:

The Center Within, PO Box 6027, Cincinnati, OH 45206

Contact: Donna Steffen 513.751.3358 or Jean Marie Stross 513.681.8881 or TheCenterWithin@aol.com

www.TheCenterWithin.org