

Holistic Directed Retreat

Tending your Spirit in Today's World

June 18 - 24, 2012
Knobs Haven
Nerinx, KY



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 10:30 AM on Monday, June 18, and **ends** at 4:00 PM on Sunday, June 24.

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

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

Staff of the Center Within:

Julie Murray, Donna Steffen, SC and massage therapist

Knobs Haven, a retreat center of the Sisters of Loretto with an outdoor swimming pool, lakes, farm land and animals in Nerinx, Kentucky, south of Bardstown, KY. Retreatants have private rooms. Most rooms are air-conditioned. These will be reserved according to request and early date of reservation.

Registration: Note, because this is a small retreat with limited space, we suggest you get your registration and deposit in ASAP, to reserve a place for you.

Fee: \$560. - \$910. for entire retreat

Add \$25 if postmarked after May 18. (\$25. Refunded should you need to cancel by June 4.)

Fee includes: room, board, daily spiritual direction, liturgy, morning meditation,, brochures, 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) (Nerinx Retreat)

Name _____ Address _____ City _____

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

E Mail: _____

Room preference: Air Conditioned Fresh air and fan either is ok _____

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

Send a \$50. deposit (\$25. refundable before June 4) with this registration. Make checks payable to:

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

Contact: Donna Steffen 513.751.3358 or Julie Murray 513.721.7543 or TheCenterWithin@aol.com

www.TheCenterWithin.org