

## FACILITATORS



**Jeanine Glute**, IBVM, is a member of the Loretto Sisters. She has studied at the Institute of Religious Formation in St. Louis, Missouri and at the Institute for Spiritual Leadership in Chicago, Illinois. Trained in the Spiritual Exercises of St. Ignatius, Jeanine uses the creative arts, inner child work, dream work, and grief work in her direction.



**Marianne Karsh**, M.Sc.F. gives retreats and workshops in ecology and spirituality throughout the world, reconnecting people with the Earth through her knowledge of theology, ecology and science. She has been a yoga practitioner for over 20 years.

## IGNATIUS JESUIT CENTRE

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A Place of Peace

# Body, Mind, Spirit Retreat: A Retreat for Women

April 23-26 2012



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# Body, Mind, Spirit Retreat: A Retreat for Women



Walking the Labyrinth

Come and spend time “being” creative and nurturing your body, mind and soul in a sacred, safe and peaceful environment. You do not

have to be an artist or have any art or yoga experience to take part.

This four-day retreat will tap into your creativity to help you cultivate a closer relationship with God and a deeper connection to Creation. Rejuvenate yourself with yoga body prayer, outdoor experiences of prayer and meditation and creative forms of self-expression aimed at balancing your whole self.

## What to expect:

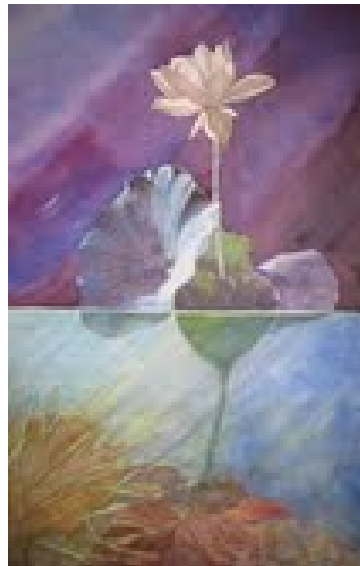
The weekend will feature some thematic input, small group sharing, prayerful meditation, reflective outdoor experiences of nature, yoga body prayer and time for creative expression. Other activities may include walking the labyrinth, drawing mandalas, and music.

## Supplies:

While some supplies will be provided, we encourage you to bring any art supplies you may want to use. Several sessions will be outdoors, so please dress appropriately for the weather and bring comfortable walking shoes.

## Spiritual Direction:

Spiritual directors are available upon request during the course of the weekend.



Artwork: Evelyn Cunningham  
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## Cost:

\$388 Cdn – residential  
\$288 Cdn – commuter

To apply for this program, please send a **\$50** Cdn non-refundable deposit **along** with a completed online or mail-in application form found on our website: [www.loyolahouse.com](http://www.loyolahouse.com) under **Application**.

**Payment** can be made by cash, cheque, money order, VISA, MasterCard or bank draft in Cdn funds payable and mailed out to Loyola House.

**Registration** will not take place upon arrival—balance of payment is due prior to the start of the program.

Please arrive in plenty of time to relax and settle in.