

HARMONY'S FALL SPIRITUAL RENEWAL RETREAT

October 26-28, 2018 YMCA of the Rockies Estes Park

LED BY HARMONY'S SPIRITUAL ADVISORS

DATE

FRI. OCT. 26–SUN. OCT. 28

LOCATION

2515 Tunnel Road
Estes Park, CO

SPACE IS LIMITED

For more information or to make your reservation, please contact

Cathy Dorman:

(970) 577-3170

cdorman@harmonyfoundationinc.com

COST

Per Person Double - \$325

Arrangements for single occupancy may be possible.

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SPIRITUAL RETREATS

Spiritual Retreats are an opportunity to take a break from life's rapid and stressful pace and sink into the present moment, reconnecting with what is important inside ourselves and beyond. Participants will live together at the majestic YMCA of the Rockies, with outdoor leisure areas, large indoor communal areas, and bordering Rocky Mountain National Park.

This year's fall retreat will be a fusion of Eastern and Western approaches to spiritual connection, finding a balance between silent reflection, mindful movement, group connection, and recovery renewal. This retreat will specifically focus on an in-depth exploration of Don Miguel Ruiz's *The Four Agreements*, which are: 1) Be impeccable with your word; 2) Don't take anything personally, 3) Don't make assumptions, and 4) Always do your best. Each participant will explore the ways in which these ideals are blocked from being fully manifested in their lives. As a foundation for this work to happen, we will create a ground of mindfulness and spiritual reflection using the following practices:

- Native American rituals and ceremonies,
- Buddhist meditation and mindfulness practices,
- Taoist Tai Chi and Qi Gong exercises,
- Indian Yoga practices,
- Contemplative prayer from the Christian mystics,
- Therapeutic process group, talking circles, and group discussions,
- 1:1 meetings with the Spiritual Advisors (depending on group size),
- Recovery exploration,
- Balance of time spent indoors and outdoors (weather dependent), and periods of free time.

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are included

Must be paid in full when
registering

**SPIRITUAL ADVISORS STEVE ARONSON
AND MIKE LEWIS ARE FACILITATING A
WEEKEND OF SPIRITUAL ENRICHMENT!**



Come join us for an intimate weekend of
relaxation and rejuvenation through
meditation, hiking, reflection, Tai Chi and
more!

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