

Listening Beneath the Noise, the Transformative Gift of Silence... A Retreat for Women

I invite you to step back from the demands of your daily life and embrace the wisdom that lives in you, experience the healing energy of enlightened women and immerse yourself in the silence.



- ~Have you ever described yourself as a "human *doing*" instead of a "human *being*?"
- ~Ever wonder what it would feel like to unplug for a day?
- ~Have you been craving time to immerse yourself in silence so you can tune in to your inner wisdom?
- ~Are you yearning for some "alone time?"
- ~Do you ever wish you could step back from the activities, obligations and To Do lists of your everyday life?

If you answered yes to any of the questions above, this one day experiential retreat is designed for you!

What this retreat is not: A day of silence

What this retreat is:

- Spending time in silence walking the labyrinth, journaling, meditating, coloring (alone time)
- Discovering the gifts available to you in silence
- Learning how to be fully present in your life
- Becoming familiar with the 4 different types of LISTENING

Location: Carondelet Center, Room 200A, 1890 Randolph Avenue, St Paul, MN 55105
651-696-2750 www.carondeletcenter.org

Date: Saturday, April 18, 2020 9:00~4:00~Lunch available at University of St. Catherine Cafeteria

Investment: EARLY BIRD DISCOUNT THROUGH MARCH 18th - \$99