

## A 30 DAY VIRTUAL RETREAT EXPERIENCE

Based on the Spiritual Exercises of St. Ignatius

*Waking to the Presence of Mystery in All Things*

MARCH 26 – APRIL 22, 2022



**Weekly online teachings in the Ignatian & Jungian Discernment Traditions**  
*Major themes: Freedom, Imagination, Discernment & Transformation*



**Daily reflections and practices for discernment in everyday life**  
*Learning the art of contemplation through the 'Examen' practice*



**Weekly one-on-one sessions with an experienced spiritual companion**  
*Incorporating insights from the Wisdom of the Enneagram*



**Open to persons from all spiritual paths**  
*Regardless of one's language for Mystery or spiritual tradition*



**A gift for any spiritual seeker discerning major life decisions...**  
*Or desiring to deepen in spiritual awareness and intimacy*

### 30 DAY RETREAT TEAM

SPACE IS LIMITED

ONLINE APPLICATION: [sacredartofliving.org](http://sacredartofliving.org)

CALL FOR MORE INFORMATION: 541 383 4179

ALL INCLUSIVE COST: \$600



Richard Groves



Eileen Heaton



Jack Kennedy