

**Shalom Prayer Center
Two Nights Retreat Information**

Date of Retreat: September 6-8, 2013

Name of Retreat: The Labyrinth: A Journey to Wholeness

Summary: Using the labyrinth as a metaphor for one's spiritual journey to wholeness in God and as a vehicle for the healing and transformative work of the Holy Spirit, this retreat will offer ways to deepen your experience with the labyrinth and assist you in identifying and moving through some obstacles to receiving and radiating God's love and light.

We will practice embodying stillness via labyrinth walks and contemplative teachings that involve gentle movement, breath awareness, sound, and meditative experiences. These various practices are meant to guide us into the Stillpoint—the place at the center of our being referred to by Thomas Merton as a “little point of pure truth”—that belongs entirely to God, and , hence, is the birthplace of our True Self. This is the place or state of being where deep transformation of mind, body and spirit may occur and offers an inexhaustible wellspring of insight, love, peace and joy. It is an encounter with the Unitive Mystery.

Presenter: Joan Williamson

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Biography : Joan Williamson, MA, LPC is a Salem integrative mental health care practitioner with over 30 years of experience as a counselor and presenter on various mind-body-spirit topics. She is also a Veriditas Certified Labyrinth Facilitator.

**Price: Full price \$199.00 – register by August 30, 2013
(O/N - \$90; Meals - \$52; Fee = \$57)**

**Discount price/early registration \$179 by August 16, 2013
(O/N - \$90; Meals - \$52; Fee = \$37)**

Commuter price **\$100.**
(Meals = \$39; Fee = \$61)

Schedule: This is a general schedule for retreats. Times may vary based upon the presenter's preferences.
Check in: After 2 pm

Friday night:

5:30p Dinner
7p Orientation
Session
9p Conclusion

Saturday

8a Breakfast
9a Session
12noon Lunch
1p Session
4p Conclusion
5p Dinner
7p Session

Sunday

8a Breakfast
9a Session
12 Noon Lunch
Check out