



## **Dual Track Intensive Centering Prayer Retreat** Intensive/Post Intensive Retreat

**At the Bosque Retreat Center in  
Albuquerque, NM**  
[www.bosquecenter.org](http://www.bosquecenter.org)

**Sponsored by Contemplative Outreach of New Mexico  
September 1 to September 7, 2019**

### **Centering Prayer Intensive Retreats**

*Intensive Retreats provide an opportunity to immerse participants in the practice of Centering Prayer, as taught by Contemplative Outreach. Throughout the retreat experience one becomes more immersed in the conceptual background of the spiritual practice.*

**The Intensive Retreat** includes up to three hours of Centering Prayer and two DVDs about the spiritual journey each day. Soul friending with the staff can be scheduled. An established practice in daily centering prayer of at least 6 months is highly recommended.

### **Centering Prayer Post Intensive Retreats**

Post Intensive Retreats provide an opportunity for even more intensive Centering Prayer, solitude and silence in community. The Post Intensive is much more silent, in that no DVDs are shown, and it includes up to five hours of Centering Prayer daily. Most days are spent in what is called "grand silence," when you are asked not to speak or make eye contact. Most Post Intensive retreatants have been doing Centering Prayer for a year or more and have also experienced a previous Intensive Retreat, so the silence can be very deep.

Before attending one of these retreats, one should have an established daily practice of Centering Prayer for at least six months to a year. It is assumed one has a foundation fairly well in place and the focus of the retreats is on the refinement of Centering Prayer practice itself.

### **Retreat Leaders**

**Susan Rush, from Santa Fe, NM.** Companion on the Journey of Centering Prayer for over 30 years and former Chapter Coordinator for Contemplative Outreach of NM. National Presenter for Contemplative Outreach LtD; The Gift of Life Series, The Living Flame Program, Servant Leadership Formation and more.

