

# The Hermitage Day of Deep Peace



A One-Day Retreat of Meditation and Silent Renewal

Lead by Samuel

**Saturday, March 21, 2026 - 9 AM - 5pm EST**

In a world of constant noise and demand, we need spaces that invite us back to what is essential. The Hermitage Day of Deep Peace is a bi-annual opportunity to step away from distraction and enter a full day of silence, meditation, and gentle renewal.

Designed for those who long for peace, this retreat offers a sacred pause — a space to quiet the mind, soften the heart, and rediscover the peace already present within.

This is not a lecture.  
It is a return.

Space is limited to preserve depth and intimacy. Breakfast, lunch, and snacks are included.

Throughout the day you will:

- Receive meditation guidance for both beginners and experienced practitioners
- Release accumulated stress and inner tension
- Enter extended periods of noble silence
- Walk mindfully in nature
- Participate in contemplative parable
- Share nourishing meals in a spirit of awareness and gratitude



“In a world of noise, confusion and conflict it is necessary that there be places of silence, inner discipline and peace. In such places love can blossom.” Thomas Merton

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Name \_\_\_\_\_

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## The Hermitage Day of Deep Peace

March 2026

Early Registration	\$40
Day of Registration	\$50

**If cost is a hardship, please reach out. We never want finances to prevent participation.**

### Registration options

Register online at  
<https://hermitageindy.org/product/day-of-deep-peace/>

Please make checks payable to The Hermitage. To register by phone and pay with a Credit Card, or if you have any questions call LuLu at

(317) 545-0742

or

email her at: [lulugk@att.net](mailto:lulugk@att.net)