



**RETREAT ON 2 FEET**  
CONTEMPLATIVE WALKING & WELLBEING

**Walking with The Spirit In Lent  
A Contemplative Walking Retreat  
at Holy Wisdom Monastery  
February 17, 2024, 9:00 AM-3:00 PM**



Through a series of 4-5 short meditations, followed by 30-minute walks (outdoor or indoor) with options for sitting, too, we will explore the spiritual, emotional, and physical dimensions of walking with the Spirit through the season of Lent.

**Who:** Open to everyone, from all (or no) spiritual traditions, who is interested in a contemplative approach to wellbeing. Our co-facilitators are Kris Gorton (Pastor, Memorial United Church of Christ, Fitchburg), Gary Manning (Pastor, Trinity Episcopal Church, Wauwatosa), and Scott Stoner (Living Compass Director).

**When:** We will gather at 8:45 AM, and our retreat will start at 9:00 AM. Lunch is included, and we will conclude at 3:00 PM. The retreat will happen regardless of the weather.

**Cost:** \$15/person, which includes lunch. Guest rooms (singles and doubles, each with a private bath) have been reserved for Friday night for those who want to come Friday and stay overnight (there will not be programming, but there will be time for conversation and fellowship. The cost if you stay overnight is \$75 (this includes lunch on Saturday but not dinner on Friday). Payment can be made at the retreat by cash or check.

**How:** To register, please go to [www.LivingCompass.org/Ro2F](http://www.LivingCompass.org/Ro2F) and click on the link. For more information or help registering, email Scott at [Scott@LivingCompass.org](mailto:Scott@LivingCompass.org). Wear comfortable shoes and warm clothes if you plan to walk outside.