SEEL
Puget Sound



Inviting you to draw nearer to God

The Spiritual Exercises in Everyday Life (SEEL) Puget Sound is a nine-month retreat experience following the Spiritual Exercises of St. Ignatius, with in-person retreat communities in Seattle, Tacoma and also offered online. Our SEEL retreat starts in late September and continues through May.

SEEL is a powerful, life-changing program of prayer and spiritual direction that can be done by busy people in the midst of their daily lives. SEEL is accepting applications now for the retreat starting in September 2026.

Our retreat is affordable for all, so cost is not a barrier!

To learn more about SEEL and to apply visit www.seelpugetsound.org.

732 18th Ave E. Seattle WA 98112
206-721-3518
info@seelpugetsound.org