YOUR RETREAT, YOUR WAY

Peace & Spirituality Center

A MINISTRY OF THE SISTERS OF ST. JOSEPH OF PEACE

A little time away. A little space to breathe. A retreat that feels right for you.

https://peaceandspirituality.csjp.org/solo-retreats

What exactly is a personal retreat?

A retreat is simply an opportunity to step away from your everyday routine and give yourself time and space to rest, reflect, and reconnect with what matters to you.

Sounds familiar? Well, many of us do that by getting away to a hotel, resort, or spa. And while those experiences can be wonderful, they often come with busy surroundings, activities, and plenty of distractions. They may be fun, but are they always truly restorative? A retreat is different. It's about slowing down, not filling your time with more things to do.

And here's something many people don't realize: A retreat doesn't have to be religious!

It can be spiritual, creative, reflective, or simply restorative. You don't need to belong to a particular faith, know how to meditate, or have any experience with retreats. You don't even need a particular reason for coming! Maybe you're feeling overwhelmed, facing a transition, looking for inspiration, or simply wishing for a quiet day without responsibilities or distractions. Whatever brings you here, you're welcome.

So, what would I actually do?

That's entirely up to you! Here at the Peace & Spirituality Center, you can create your own experience, spend time enjoying our peaceful surroundings, or choose from our self-guided retreat itineraries and themed retreat experiences to help you get started. Here are a few ways you might spend your time with us:

A Half-Day Retreat - **A Little Breathing Room:** Perfect when you need a few hours to yourself.

- Begin with a cup of tea, a deep breath, and a chance to settle in.
- Take a leisurely walk along our Peace Path or visit the Meditation Garden.
- Find a peaceful spot to read, write, journal, or simply enjoy the silence by the lake.

A Full-Day Retreat - **A Day Just for You:** Slow down without watching the clock.

- Start your morning with a quiet walk and some reflection.
- You may choose a self-guided retreat guide or experience that interests you.
- Take time for reading, journaling, creativity, prayer, or meditation.
- Spend part of the afternoon by the water, exploring our grounds, or simply resting.

An Overnight Retreat — A Longer Pause: Sometimes a few hours just aren't enough.

- Arrive and settle into your peaceful surroundings.
- Leave your usual routine behind and enjoy an unhurried afternoon.
- Choose a retreat guide or simply follow what feels meaningful to you.
- Spend the evening reading, reflecting, resting, or enjoying the quiet.
- Wake up without the usual rush and take time for another peaceful morning before returning home.

www.peaceandspirituality.csjp.org 1663 Killarney Way / Bellevue, WA 98004

SELF-GUIDED RETREAT OPTIONS & EXPERIENCES

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Come as you are. Leave with peace.

First, Find Your Perfect Retreat Length:

Day / Half-Day Self-Guided Retreats

peaceandspirituality.csjp.org/day-retreat-options

Overnight Self-Guided Retreats

peaceandspirituality.csjp.org/solo-overnight-retreats

Explore Our Retreat Guides, Experiences & Resources:

Self-Guided Retreat Guides

peaceandspirituality.csjp.org/retreat-guide

Themed Self-Guided Retreat Experiences

peaceandspirituality.csjp.org/themed-self-guided-retreats

Spiritual Accompaniment

peaceandspirituality.csjp.org/spiritual-direction

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