

*Loretto*maryholme
something more than ordinary

Being Heart-Present

Wed. July 3, 5pm - Sun. July 7, 1pm



Being present to your life and to the world from your whole reality – mind, heart, body – these are the teachings and experiences of this silent retreat. In this way, you will learn to deeply inhabit your own life, with a clearer capacity to be present in the everyday – through heart and body as well as through mind. Silence is the atmosphere that enables deeper presence in this regard.

Facilitator Brenda Peddigrew RSM
\$425 private, \$350 shared

Loretto Maryholme Spirituality Centre
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To register, email booking@lorettomaryholme.ca, call 905.476.4013, or visit
www.lorettomaryholme.ca