

## “Gifts of Imperfection” Retreat

Feb 6-10<sup>th</sup>, Transfiguration Spirituality Center, Glendale



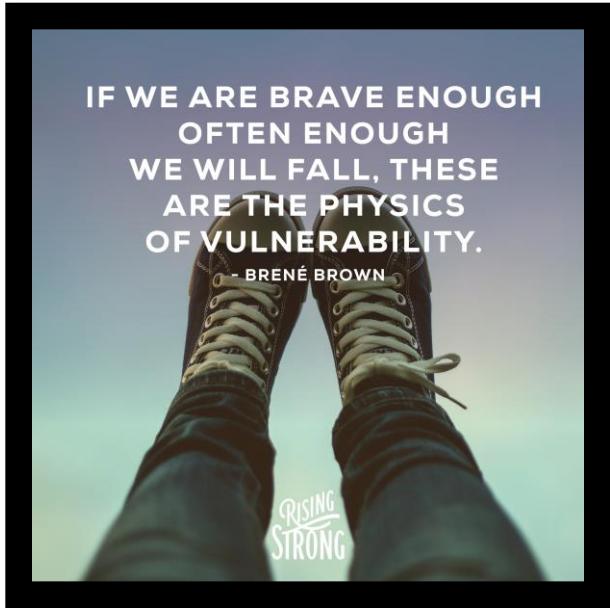
While Shame is a universal experience, some people hold onto themselves more easily when shame washes over them. These folks live all around healthier lives and experience more vibrant relationships. It turns out they share many characteristics in common. In this retreat we will explore ten of these guideposts for Wholehearted Living using practical, hands-on experiences.

Cost: \$350 plus \$20 supply fee  
Registration limited to 20 participants.

Contact the Transfiguration Spirituality Center at [ctretreats@gmail.comr](mailto:ctretreats@gmail.comr) or call 513-771-2171 to reserve your spot.

## Rising Strong Retreat

Feb 10-12<sup>th</sup>, Transfiguration Spirituality Center, Glendale



If you're familiar with Brene Brown's work in "The Gifts of Imperfection" and would like to take the next step in Wholehearted Living, join Pastor Mary for a weekend retreat on Brene Brown's most recent book "Rising Strong". We will study what Brene Brown learned about how the Wholehearted Rise Strong after failure. You will leave the retreat with practical tools to engage those moments in your life when living brave leads to struggle. Cost: \$250 per person plus \$20 supply cost  
Registration limited to 20 participants.

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