

Redemptorist Renewal Center at Picture Rocks

‘Come to the desert and rest awhile’

Spiritual Spa Day for Women

Saturday, May 23, September 26, November 7, 2009

8:45 a.m. – 5:00 p.m.

We know now how important it is to take better care of our bodies, but how often do we take time out from our busy lives to care for our souls? Come spend a day relaxing, praying and reflecting, and exploring the quality of your inner life in a contemplative, prayerful setting. Experience the power of the Lord's presence.



*Make a spa retreat for your body, mind
and soul*

The day includes:

- * Restorative yoga and group spiritual sharing;
- * choice of massage therapy or spiritual direction;
- * personal prayer time;
- * gourmet lunch;
- * use of facilities including outdoor labyrinth, chapel, library, bookstore, pool and common quiet room;
- * closing prayer ceremony.

The cost for the day is: \$85, or \$90 if you wish to come for the 7:30 am Eucharist with breakfast.

If you wish to upgrade a massage session from 1/2 hour to an hour session, please add \$25.

If you wish to schedule a second individual service, please add \$30.

For more information or registration, please contact: The Redemptorist Renewal Center

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