



Cardinals in a crab apple tree. Photo © [Ilona L/Flickr](#) through a Creative Commons license

DEEP SILENCE: ENTERING 2017

Friday, January 13th 4:00 PM to Sunday, January 15th 2:00 PM

Deep Silence allows us to enter the all encompassing Presence that waits to be engaged and acknowledge.

Embracing the Mystery of a new year while asking ourselves who we long to be in 2017 through meditation, silence, journaling and if you choose by creating a vision board will be our focus.

Lisa Sparagna will lead gentle movement, and meditation. I, Nancy, will offer Gateways to Silence talks each morning and evening. We will maintain silence for most of our retreat.

You will have from 10 AM to 4:15 PM to schedule bodywork and Spiritual Direction which is highly recommended. Bodywork and

Spiritual Direction is scheduled by calling Kate (815) 464-3880. Explore their offerings here - www.portforprayer.org under Proverello Holistic Center.

What to bring

- Comfy clothes
- Yoga mat
- Journal

For Vision Board

- Photo of you
- Magazine clippings
- Cardboard

We'll take meals in the Motherhouse dining room and also have access to a refrigerator and microwave on our floor. Please let me know if you have special food requests, gluten-free, vegan or vegetarian.

Bedrooms are private with their own bathrooms and plenty of room for a personal yoga practice.

Cost: \$247 covers housing and food along with retreat supplies. Lisa and I are offering this program as a gift to our amazing community of women.

La Verna The Motherhouse
9201 W. St. Francis Rd.
Frankfort, IL. 60423.

Located in St. Francis Woods and is a "sacred space of welcome for those seeking peace of mind, body, and spirit."

Make checks payable to Nancy J. Hill, lcsw