



## Upcoming Programs– Siena Retreat Center

June 2018

5637 Erie St., Racine, WI, 53402

For information or to register, call 262-898-2590 or visit

[www.SienaRetreatCenter.org](http://www.SienaRetreatCenter.org)



### **Christian Spirituality and Contemplative Yoga, Saturday, Jun 2, 9am-3pm,**

Gretchen Baumgardt

While many Christians today practice yoga as a form of relaxation or fitness, yoga can be a vehicle for deepening our spiritual lives as well. The theme focuses on women's spirituality along with embodied prayer. The day includes a morning breathing meditation, a morning talk and group discussion, time for silent reflection, and afternoon Contemplative Yoga (which can also be done in a chair). Cost: \$45 includes noon meal. Registration is limited.

### **Eco-Art Spirituality, Sunday, Jun 3, 9:30am-4:30pm, Alexandra Newell.**

Eco-Art offers the opportunity to engage in individual and collaborative art projects to return to a state of wonder and deep gratitude with the world. Nature will provide a panoply of resources. Participants will use all the senses to draw from the rich palette of Siena's diverse ecosystems, integrating media with a special focus on scent, flowers, and essential oils. Cost: \$55 includes \$10 non-refundable deposit, noon meal and supplies.



### **Silent Directed Retreat I, Jun 10-16, 3:30pm Sunday—after the noon meal on Saturday**

This retreat has a waiting list.



### **Come to the Water, Jun 15-17, 7pm Friday—after the noon meal on Sunday**

Come, drink deeply of the life-giving waters and refresh your soul in this serene and sacred environment on the shore of Lake Michigan. Come for the time and space to soak in beauty, rest and reflection. There will be communal prayer, labyrinth walking, centering prayer, input from the presenter, and opportunity for pondering. You are invited to experience the contemplative/active balance needed in our spiritual journey. Cost: \$195 includes \$50 non-refundable deposit, accommodations and meals.

### **Women for Women, Saturday, June 16, 9:30am-noon, led by all who attend**

Come join a monthly women's circle of wisdom and mutual support. At each gathering, we will have time for prayer, meditation, reflection through various stories and readings, creativity and music. Cost: \$10/session.



### **Mysticism from a Cosmic Perspective, Jun 18-20, 9am Monday – after supper on Wednesday, Diarmuid O'Murchu, member of the Sacred Heart Missionary Order.**

Internationally respected author Diarmuid O'Murchu will explore the awakening sense of mystery in the contemporary world. Cost: \$255 includes \$50 non-refundable deposit, accommodations and meals.

### **Silent Directed Retreat II, Jun 24-30, 3:30pm Sunday—after the noon meal on Saturday**

This retreat has a waiting list.

### **SoulCollage® Saturday, Jun 30, 9am-3pm, Pat Shutts and Missy Isely-Poltrock.**

SoulCollage® combines creative expression and personal reflection. The cards you make contain images you select; and later, we seek out what these images might reveal about our ever deepening knowledge of our souls. The theme for this session is *Celebrating "a few of my favorite things."* Cost: \$40 includes noon dinner and supplies. Registration is limited.



### **Upcoming**



### **Painting/Praying with the Icon of the Lady of the Sign, Aug 5-11, 3:30pm Sun— after the noon meal on Saturday, Drazen Dupor and Pat Shutts**

Paint (or "write") your own icon with step-by-step group and individual instruction. Spend the retreat week creating your own and reflecting on the icon of Our Lady of the Sign. You are invited to go deeper into the symbolism of this 4<sup>th</sup> century image of the praying Church, as Christ-bearers in the world. Co-facilitator, **Drazen Dupor**, a Yugoslavian artist and iconographer, studied the art of icon painting in Thessalonica, Greece, at the K.N. Georgiadis School of Art. **Pat Shutts** is on the program staff of Siena Retreat Center. Cost: \$495 includes \$50 non-refundable deposit, accommodations, meals and materials

Connect with us on:



RETREATS OPEN TO ALL- MEN AND WOMEN- except where indicated. Partial scholarships are available; as are commuter rates. Please contact Claire at [canderson@racinedominicans.org](mailto:canderson@racinedominicans.org) or 262-898-2590