

Like an Apple to the Tree...

a residential four day retreat



5pm 30th June to 2.30pm 4th July 2018

To feel connected has many layers and after a one or two day retreat, it can seem as if we're only just beginning to explore them. So, in these FOUR days we'll gently peel back the layers of resistance so we can be connected 'heart to heart'. We will do this through group time, time alone, silence, meditation, lectio divina and a short individual session with Pip.

This intimate retreat is for NINE participants and an existing practise of meditation, Centering prayer or prayer of silence would be helpful but not essential.

Facilitator: Pip Nicholls www.thegentleartofknowing.co.nz

Venue: Mercy Spirituality Centre, 104 The Drive, Epsom, Auckland.

Fee: \$450 (before 31st May) or \$500 (incl. non-refundable deposit on booking) includes accommodation and all meals

Registrations: the Mercy Centre on: (09) 638 6238 or info@mercyspiritualitycentre.org.nz