2020 Retreats

Sadness of Gaia by Josephine Wall (used with permission)
Look again at that dot. That’s here. That’s home. That’s us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every ‘superstar,’ every ‘supreme leader,’ every saint and sinner in the history of our species lived there—on a mote of dust suspended in a sunbeam.

—Carl Sagan

Hope for Our Common Home
In 2020 we are besieged by news about the decimation of the natural world, our common home. The sheer weight of such eco-devastation causes communal grief, solastalgia (a form of mental or existential distress caused by environmental change) and rampant despair in our communities. Whole ecosystems have been compromised, and mass extinction has commenced. The deleterious effects of climate change indicate that we inhabit a state of irreversible calamity, and many fear a future void of hope. At Prairiewoods, we cultivate spiritual awareness by going deeper, by stirring ourselves to compassion and active hope. In a series of retreats and days of reflection, we remember and celebrate eco-spiritual visionaries and pioneers who set the world on fire and continue to inspire us and stir us to hope today. We are following in the footsteps of great prophets whose voices echo through the ages with wonderful facilitators to bring them to life. (Please visit www.Prairiewoods.org for all facilitator biographies.) Let us listen to their deep wisdom, and together we will re-ignite the Fire.
Prophetic Voices at 2020 who will be featured in this year’s retreats are:

**Ignatius of Loyola**
*Ignatius at 2020* with Dennis Hamm, SJ, April 3–5 (See p. 7.)

**Pierre Teilhard de Chardin**
*In Fire & Bone* with Laura Weber, May 16 (See p. 8.)

**Francis of Assisi**
*Francis of Assisi at 2020* with Linda and Pat Kerrigan, July 11 (See p. 9.)

**Wendell Berry**
*What I Stand for Is What I Stand On* with Eric Anglada, April 4 (See p. 7.)

**Thomas Merton**
*Contemplative Wisdom for the 21st Century* with Judith Valente, May 15–17 (See p. 7.)

**Thomas Berry**
*Our Great Work* with Laura Weber, Sept. 10 (See p. 10.)
The old mythologies and philosophies of the West are rich and complex and beautiful. They offer up a world in which everything is not only alive, but has purpose and intentionality of its own. A world to which each incarnated soul chooses to come, for a reason, and to offer up a unique gift which can only be expressed through relationship with and participation in this beautiful animate Earth. During this weekend, we'll explore what it might be to court the anima mundi: the “world soul” of ancient tradition, and to uncover our own part in its unfolding.

Registration for Spirituality in the 21st Century: The cost of the two-day event is $75 and includes Saturday lunch. After April 1, the cost is $80. Friday only is $25, and Saturday only is $60, including lunch. Limited lodging for Friday night is available at Prairiewoods ($55 per night for a single or $80 for a double, includes Saturday breakfast) by calling 319-395-6700. Lodging may be available at Comfort Inn & Suites (2025 Werner Ave NE in Cedar Rapids, 319-378-8888) or Country Inn & Suites (4444 Czech Lane NE in Cedar Rapids, 319-294-8700). Please call early to inquire about a room.

Dr. Sharon Blackie is an award-winning writer, teacher and speaker and is recognized internationally for her work on cultivating the mythic imagination. As well as writing four books of fiction and nonfiction, Sharon has had her work published in magazines and newspapers around the world, and she has been interviewed by major broadcasters and radio stations. She is a mythologist with a specialization in Celtic Studies and a psychologist who has specialized both in neuroscience and narrative. www.SharonBlackie.net

Sara Thomsen is an artist of the melody whose music touches the soul and invites us to respond for the good of the global community. Sara’s gentle, soulful and uplifting acoustical renderings celebrate the beauty of the cosmos and call us into fuller communion with the global family. www.SaraThomsen.com
Saturday Soul Stretch for Lovers of Embodied Spirituality

Saturdays: Jan. 11, Feb. 8, March 7, April 4, Sept. 12, Oct. 10, Nov. 14 & Dec. 5; 8 a.m.–1 p.m.

Facilitators: Laura Weber & Prairiewoods collaborators

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

—a attributed to Pierre Teilhard de Chardin, SJ

Wake up! Wake up! The weekend is here. Saturday Soul Stretch will get us out of bed and back into our full-spectrum humanity. Come to Prairiewoods to de-stress, reconnect and sink deeply into the present moment. A hot breakfast starts the day, followed by gentle tai chi movement and a sitting meditation to foster deep relaxation. To relax and engage, sip a cup of aromatic tea and enter into a whole new realm of exploration with a different spiritual modality each month, such as dream work, journaling, mandalas, labyrinth, breath-exercise, sounding, centering prayer, poetry for the soul, singing bowl meditation or drumming. To cap off the morning’s spiritual workout, enjoy a mindfulness walk out in the beauty of Prairiewoods’ 70 acres of prairie grasses, trees, streams and gardens, with only the owls, squirrels, turkeys and deer as your companion-guides. Finally, return to the Spirituality Center for a scrumptious luncheon, and leave happy and refreshed.

Commuter Fee: $50 includes breakfast and lunch (or add $25 for an optional afternoon stay with dinner, or $55 for an optional overnight stay with Sunday breakfast)
Rising Rooted
Friday, Jan. 10, 5:30 p.m.–Saturday, Jan. 11, 6:30 p.m.
Facilitators: Angie Pierce Jennings & Emelia Sautter

What spiritual gifts are deep inside us? What needs to rise in us to serve the whole? Let’s get together and share beautiful energy discussing and exploring If Women Rose Rooted by Sharon Blackie, Prairiewoods’ 2020 Spirituality in the 21st Century facilitator. Blackie writes: “It might be impossible to save the world all in one go, but it is possible to protect, guard—and yes, even save, when necessary—our home places and communities. If we have to do it little by little, one place at a time, then now is a good time to begin. Each of us sewing just one of the squares that contributes to the vast, growing patchwork quilt of the world’s renewal.” In addition to hearing and sharing stories of inspiration, the retreat includes time to experience guided meditation, a winter walk, art journaling and time to contemplate our gifts, as well as what our hearts are yearning to contribute to the patchwork quilt of renewal and good work. The book If Women Rose Rooted is included and can be picked up at Prairiewoods upon payment at registration. Join the conversation even if you’ve not yet read the book.

Fee: $180 includes sessions, lodging, Friday dinner and all Saturday meals (or add $55 for an optional night Saturday, including Sunday breakfast)

Commuter Fee: $150 includes Saturday lunch and dinner (lodging is strongly encouraged.)

Taiji, Tea & Qi
Friday, Feb. 7, 6:30 p.m.–Sunday, Feb. 9, 1 p.m.
Facilitator: Gerry Hopkins

The AARP Global Council on Brain Health has identified what it calls the Five Pillars of Brain Health: movement, relaxation, discovery, connection and nutrition. This retreat aims to provide all five (with a little help from Tara and the Prairiewoods kitchen staff). Taiji (Tai Chi) is a Chinese martial art that is used by most practitioners as a movement modality operating somewhere between yoga and dance. As such, it’s not only a fun way to move, but it also encourages relaxation while challenging us mentally. Tea, another gift from China, is the second most widely consumed drink in the world. We will break during the workshop to learn about and sample some of the most popular types of tea. While both refreshing and stimulating, tea can also provide nutritional and health benefits. Qi is the Chinese word for breath or life energy. Over centuries Chinese practitioners have developed various exercises designed to enhance and encourage the flow of this energy within ourselves. We will learn some of these exercises and examine how they may help us relax, heal and grow. Join us as we explore these cultural gifts from China; as we move in new directions; as we relax mentally, physically and emotionally; as we discover new ways to approach somatic engagement; as we connect with others; and as we share the delicious and nutritious meals from the Prairiewoods kitchen.

Fee: $230 includes sessions, lodging and all meals

Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

The Energy of Love
Friday, March 6, 6:30 p.m.–Sunday, March 8, 1 p.m.
Facilitator: Catherine Quehl-Engel

There are beautiful wild forces within us, says St. Francis. This heart-focused mind-body-spirit-practices retreat taps East-West spiritual wisdom on indwelling life force Spirit coursing through life’s veins—filling and interconnecting us, all creation and the Sacred as one. Harnessing the healing energy of love, we will practice shifting our awareness to the oneness we’ve had all along through radiant heart, breath and energy-centered meditation, yoga and prayerful sending of compassionate healing intention. We will also practice deep peace yoga nidra (or yogic sleep), vibrational sound healing, and the energy medicine of qigong and healing touch. This retreat enfolds insights from mysticism and HeartMath scientific research.

Fee: $230 includes sessions, lodging and all meals

Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch
Ignatius at 2020

Friday, April 3, 6:30 p.m.–
Sunday, April 5, 1 p.m.
Facilitator: Dennis Hamm, SJ

Ignatius of Loyola was both a mystic with a powerful vision of the interconnectedness of humanity with all other creatures and also a practical man of his time and place. He was the inventor of the modern university and the visionary founder of the Jesuits. Because of his special interest in personal and social transformation, we have included him in our series of retreats featuring cosmic visionaries of the past and what they have to teach us about our pilgrimage on planet Earth today. With Father Dennis Hamm, SJ, we will work with forms of meditation, contemplation and discernment inspired by Ignatius’ methods in the latter’s Spiritual Exercises. Dennis will give special attention to the spirituality of Pope Francis as articulated in his encyclical, Laudato Si: On Care for our Common Home, in response to the cry of Earth and the cry of the poor.

Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

What I Stand for Is What I Stand On: A Retreat on Wendell Berry

Saturday, April 4, 8 a.m.–6 p.m.
Facilitator: Eric Anglada

The farmer-poet Wendell Berry (1934– ) is arguably one of today’s most important, prophetic and interesting writers and critics on matters of land, health, community and spirituality. This contemplative retreat will be a celebration of Berry’s life and words, delving into his importance for our precarious age. Our time together will include talks, discussion, silence and contemplative time outdoors.

Commuter Fee: $150 includes sessions and all Saturday meals (or add $55 for an optional night Saturday, including Sunday breakfast)

Thomas Merton: Contemplative Wisdom for the 21st Century

Friday, May 15, 6:30 p.m.–Sunday, May 17, 1 p.m.
Facilitator: Judith Valente

The voice of the great contemplative monk Thomas Merton reaches across time with clear-eyed guidance that speaks directly to many of the struggles we are facing today. We will explore Merton’s thoughts on prayer; finding the true self; living a more contemplative life; and fostering peace, equality and non-violence in a fractured world. We will leave with a road map on how we can apply the wisdom of this significant spiritual teacher to our lives and the world today.

Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch
In Fire & Bone: Teilhard at 2020
Saturday, May 16, 8 a.m.–6 p.m.
Facilitator: Laura Weber
“The day will come when, after harnessing space, the winds, the tides, and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire.”
—Teilhard, Toward the Future

Pierre Teilhard de Chardin, SJ, noted paleontologist and mystic visionary of the twentieth century whose evolutionary cosmology set post-modern emphases on eco-spirituality in motion, was a profoundly influential pre-cursor to the likes of Thomas Berry, Joanna Macy, Diarmuid O’Murchu, and many other spiritual authors, eco-activists and eco-philosophers familiar to Prairiewoods. The day will invite reflection and immersion into Teilhard’s notions of the “divine milieu,” in which the Holy is imbedded in all creation, and “cosmogenesis,” as all creation is evolving toward greater complexity and union. In the current era of climate crisis and Earth’s unraveling, come and explore why Teilhard has so much to teach us today about hope and becoming full participants in creation’s ongoing renewal.

Commuter Fee:
$150 includes sessions and all Saturday meals (or add $55 for an optional night Saturday, including Sunday breakfast)

Abundant Growth, Ripening Rest: A Summertime Circle of Trust
Wednesday, June 24, 11 a.m.–Friday, June 26, 1 p.m.
Facilitators: Wint Boyd, Paula Pedersen & Sara Thomsen

As author Parker Palmer writes, midsummer in the Midwest can be a time “of a green and amber muchness that feeds us on more levels than we know.” Paradoxically, it is also a time in which we must trust the natural process of ripening, which often happens in its own time. It is a season of both heightened attention and much needed rest. Through song, poetry, individual work and deep listening, we will explore the season of summer in our own lives. The retreat will utilize the Circle of Trust approach developed by Parker Palmer and the Center for Courage and Renewal. This approach is distinguished by principles and practices intended to create a process of shared exploration—in retreats, programs and other settings—where people can find safe space for greater awareness, to nurture personal and professional integrity and to summon the courage to act on hard-earned wisdom. In the hands of knowledgeable and skilled facilitators, this approach has the power to transform individuals, families, workplaces and communities.

Fee: $375 includes sessions, lodging and all meals
Commuter Fee: $250 includes sessions, Wednesday and Thursday lunch and dinner, and Friday lunch

June or July Silent Directed
Sunday, June 7, 5 p.m.–Saturday, June 13, 1 p.m. or Sunday, July 12, 5 p.m.–Saturday, July 18, 1 p.m.
Facilitators: Rev. Rose Blank; Betty Daugherty, FSPA; Ann Jackson, PBVM (June only); Kim Seward, BSN, RN; & Lucille Winnike, FSPA

We invite you to a week of sacred space, silence, solitude, rest and prayer. Steeped in the love of all of creation on 70 acres of prairie and woodland, we deepen our awareness of life’s gifts; restore balance; live in the moment; and nurture relationship with God, self, others and Earth. Each day affords opportunity for healthy meals, quiet personal reflection and an hour-long session with a spiritual director who assists in sensing and citing the movement of the Spirit in life. An optional centering prayer session closes each day. Body modalities, such as massage, healing touch and reflexology, are available for an additional cost. Silent directed retreats are ideal for anyone who desires quiet time away to return to one’s center, to learn the art of deep listening, to recover a sense of wonder and gratitude for life, and to fall in love again with all of creation.

Fee: $425 includes spiritual direction, lodging and all meals (Lodgers only, please.)
Francis of Assisi at 2020
Saturday, July 11, 8 a.m.–6 p.m.
Facilitators: Linda and Pat Kerrigan

Francis of Assisi has never been more popular. What is it about this thirteenth-century saint and his enduring message that resonate as much today as they did more than 800 years ago? Francis of Assisi is universally embraced as the patron saint of the environment and frequently depicted as a garden statue attracting birds. Yet he is so much more than a backyard ornament or a friend of the animals. He is truly an everyday saint for everyday people, as his message and values connect with our contemporary concerns for inclusivity, living simply and caring for creation. Our day will be spent reflecting on many Francis stories, his reclusive and public life, and his influence on followers and companions including Clare of Assisi. Connection will be made with another Francis, our current pope, and his Franciscan values espoused in Laudato Si': On Care for Our Common Home. We will engage in group sharing, personal reflection and contemplative time in nature.

Commuter Fee: $150 includes sessions and all Saturday meals

Women’s Yoga & Mindfulness
Friday, July 24, 6:30 p.m.–Sunday, July 26, 1 p.m.
Facilitators: Allison Peet with Bethany Grabe & Jacqueline Mitchell Hood

Yoga is a healing modality for self-realization, showing how we can progress along life’s journey by opening to our Divine Nature. Mindfulness calls us to literally stop and wake up to exactly how things actually are right now, with self-kindness and heartfulness, which can be deeply healing and transformative. Come in the spirit of interconnectedness and receptivity to create a deliberate pause for self-reflection. This weekend retreat will offer a taste of the benefits of yoga and mindfulness meditation. We will explore yoga postures, yoga nidra, various meditations, loving kindness and self-compassion practice, periods of silence, breath-focused practice, mandala drawing, mindful eating and guided outdoor walking meditation. We will begin to learn how to be more present and train ourselves to increase attention, clarity, and creativity. We will return home refreshed and renewed, with practices to incorporate into our daily life.

Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

Live Abundantly (& Sustainably) & Cultivate Paradise
Friday, July 24, 6:30 p.m.–Sunday, July 26, 1 p.m.
Facilitators: Debra Landwehr Engle, Jen Kardos, Fred Meyer & August Stolba

Living in harmony with nature is like breathing: we can always do it better. In this multilayered retreat, we’ll explore our relationship with the natural world. Why are we here? What is our role? Can sustainability be broadened to a vision of abundance for ourselves and others? Activities will include harvesting “weeds” to make healing and tasty green drinks, communing with the Garden of Eat’n and Prairiewoods grounds to find our personal plant allies, completing a personal niche analysis to identify our way of interacting with the world, and writing and reflecting on the connection between the garden and our internal nature. How can we nourish our inner selves so we can be better stewards of the natural world? From our everyday actions to our wildest of ambitions, we’ll explore ways to bring forth a spiritual and cultural transformation in our own backyards, where we can cultivate paradise by taking simple but significant steps.

Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch
Wisdom School: Mary Magdalene as Unitive Wisdom
Thursday, Aug. 13, 6:30 p.m.–Sunday, Aug. 16, 1 p.m.
Facilitator: Beth O’Brien
“Place me as a seal upon your heart.”
—Song 8: 6–7
Opening to the teachings at the heart of contemplative Christianity, in this experiential Wisdom School we will explore Mary Magdalene’s unwavering presence and devotion throughout the Paschal Mystery—and how conscious love can be a transforming force in our own lives as well. A daily contemplative rhythm will be held across the four days as we graciously flow between meditative silence, sacred chanting, group teachings, communal consciousness work and spiritual dialogue.
Fee: $375 includes sessions, lodging and all meals
Commuter Fee: $250 includes sessions, Friday and Saturday lunch and dinner, and Sunday lunch

Our Great Work: Thomas Berry at 2020
Thursday, Sept. 10, 8 a.m.–4 p.m.
Facilitator: Laura Weber
The day will focus on the life and significance of eco-logian Thomas Berry through the biographical lenses of Mary Evelyn Tucker and John Grim of the Yale Forum of Religion and Ecology. Tucker and Grim worked with Berry for more than 30 years as his students, editors and literary executors. Berry (1914–2009) is the twentieth-century visionary who advocated a “broad perspective on humanity’s relationship to the Earth in order to respond to the ecological and social challenges of our times” (Mary Evelyn Tucker, John Grim and Andrew Angyal, Thomas Berry, A Biography). Berry envisioned new paradigms for ecological pedagogy, law and spirituality, and reimagined agriculture, bioregions and ecocities in light of his insights about the Great Work of the Ecozoic Era. Tucker and Grim’s biography will serve as the springboard for our reflection, and copies are available for purchase in the Prairiewoods Gift Shop.
Commuter Fee: $75 includes sessions and Thursday breakfast and lunch (or add $55 for an optional night Thursday, including Friday breakfast)

The Book of Nature: God’s First Holy Text
Friday, Sept. 11, 6:30 p.m.–Sunday, Sept. 13, 1 p.m.
Facilitator: Barbara Mahany
The world is bursting with wonder and wisdom. It’s an ancient but not oft explored sacred instruction, the knowledge that God gave us two books—the Book of Nature as well as Holy Scripture. The Book of Nature, a text without words, is God’s first text, one that unfolded with Creation, and ever unfolds—season upon season. It’s a book that begs our attention, especially as an antidote to the modern-day melee. So we begin with the spiritual practice of paying attention, and as we heighten our attention we discover we’re living amid a kaleidoscope of wonders and astonishments. We’ll contemplate those wonders, plumb their depths and extract the holy wisdoms. The history and legacy of great thinkers and mystics who’ve turned our attention to the Book of Nature is a rich one, and bolsters our sense that this is a place to look for spiritual sustenance. The undulations of Prairiewoods’ acreage, its woods and its prairies, echo those truths magnificently.
Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch
Spiritual Exercises in Everyday Life (S.E.E.L.) 13

Opening Session: Saturday, Sept. 12, 9 a.m.–3 p.m.

Monthly Sessions: Saturdays; Oct. 10, Nov. 14, Dec. 5, Jan. 9, Feb. 13, March 13 & April 10; 9 a.m.–1 p.m.

Closing Session: Saturday, May 15, 9 a.m.–3 p.m.

Facilitators: Ann Jackson, PBVM; Betty Daugherty, FSPA; & Lucille Winnike, FSPA

“We long to sense how God reveals God’s love within and through daily activity.”

“We desire to establish and deepen a practice of daily prayer.”

“We yearn to discern the future of life as it unfolds daily.”

Past S.E.E.L. retreatants cite longings and learnings such as these among the greatest gifts of the S.E.E.L. retreat. We learn about St. Ignatius of Loyola, founder of the Jesuit Community, who offered the Spiritual Exercises to help seekers who longed to develop a disposition of the heart and the words to articulate the movement of God in daily life. During these nine months, S.E.E.L. retreatants gather monthly at Prairiewoods to enter into the Exercises in prayer and reflection. Between monthly gatherings, each retreatant receives daily readings to spur prayer, meets once a month with a spiritual director to listen to insights that arise within prayer and to learn the art of discernment. Some retreatants find it so beneficial they participate in S.E.E.L. year after year!

Commuter Fee: $450 (payable in Sept. 2020 or in monthly installments of $50) plus monthly spiritual direction sessions paid separately (usually $45 per hour)

Active Hope Renewed: Answering Earth’s Call for Transformative Healing & Loving Action

Friday, Oct. 9, 6:30 p.m.–Sunday, Oct. 11, 3 p.m.

Facilitator: Kathleen Rude

“Active Hope is not wishful thinking … Active Hope is a readiness to discover the strengths in ourselves and in others; a readiness to discover the reasons for hope and the occasions for love.”

—Joanna Macy

In this retreat, we will move through the spiral of The Work That Reconnects with the understanding that we are all in this together! Through an exploration of our interdependence with all life, we will strengthen our resilience to engage with the climate crisis, upcoming elections, environmental and social injustice and turmoil. We will invite fellow species to share their wisdom through us in the beloved ceremony, The Council of All Beings. We will spend time in the woods and prairies to hear what Earth is asking of us and to receive inspiration and healing for our weary, overwhelmed hearts and souls. In supportive community, we will honor our pain for the world, reconnect to active hope and find clarity around how we can play a part in the healing of our communities and our planet. This retreat includes experiential practices, mask making, time outside, inspirational readings and simple rituals. It’s engaging, invigorating and gives us tools for dealing with the challenges of living in difficult times.

Fee: $230 includes sessions, lodging and all meals

Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

Silent Mindfulness Meditation

Friday, Nov. 13, 6:30 p.m.–Sunday, Nov. 15, 1 p.m.

Facilitator: Chris Klug

“Life unfolds in moments. The healing power of mindfulness lies in living each one as fully as we can.”

—Jon Kabat-Zinn, Full Catastrophe Living

Mindfulness is an open, kind, non-judging attention to what is happening in the present moment as it is happening. It shapes a wise and compassionate relationship with and response to experience as it unfolds moment by moment. As Joseph Goldstein writes in A Heart Full of Peace, “Mindfulness is the quality and power of mind that is deeply aware of what’s happening—without commentary and without interference … keeping us connected to brushing our teeth or having a cup of tea … connected to the people around us.” Scientific research shows that mindfulness can positively affect stress resilience, physical and mental health, the ability to sustain attention, self-regulation of emotions, interpersonal skills, and general well-being and happiness. Come cultivate mindfulness in silence amid instruction, questioning, sitting meditation, walking meditation, mindful movement and mindful eating. You are welcome to participate whether you are interested in beginning a formal mindfulness meditation practice or have been practicing for some time.

Fee: $230 includes sessions, lodging and all meals

Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

Prairiewoods Franciscan Spirituality Center
319-395-6700
www.Prairiewoods.org
Singing Together, Opening to Joy
Friday, Dec. 4, 6:30 p.m.–Sunday, Dec. 6, 1 p.m.
Facilitator: Mary Cohen

Songs are embodied expressions of Spirit. Singing promotes well-being physiologically, psychologically and socially. In this relaxing and rejuvenating retreat, we'll share songs and connect through the healing processes of singing together. Singing is a learned skill that all people can enjoy! All are welcome—beginners and uncertain singers, people who only sing in the shower and people who have sung throughout their lives. Participants may share a favorite song (recording, sheet music, lyrics or aurally) with the leader in advance of the retreat that she can incorporate into our time together. We'll also enjoy the deep, restorative and healing practice of yoga nidra. Nidra is Sanskrit for sleep, and in yoga nidra practice, we rest and release stress, allowing more ease and contentment into our lives.

Fee: $230 includes sessions, lodging and all meals
Commuter Fee: $180 includes sessions, Saturday lunch and dinner, and Sunday lunch

General Retreat Information

• **Registration:** For further information or to register for retreats in this brochure, visit www.Prairiewoods.org/Group-Retreats.
• **Limited Scholarships** are available. For additional information, please contact Laura Weber at 319-395-6700 or lweber@prairiewoods.org.

For Private Retreats
• **Private Retreats** are available (according to your schedule and Prairiewoods’ availability) by contacting Ann Jackson, PBVM, at 319-395-6700 or ajackson@prairiewoods.org. A $25 non-refundable deposit holds your registration.
• **Six-Day Private, Directed Retreats** cost $425, including lodging, meals and one daily session of spiritual direction.
• **Overnight Stays** in the Guest House cost $70 per night (including three meals), or $55 per night (breakfast only), and in the Hermitage (single occupancy only) cost $55 per night (you provide your own food, minimum two overnights required). Double occupancy in the Guest House is $105 (including three meals) and $80 (breakfast only).
• **Holistic Services** (e.g., massage, reflexology, healing touch) are available upon request for $65 per hour.
• **Spiritual Direction** is available upon request for $45 per hour.
• **Day Stays** are available for $30 (including room and lunch) or $25 (room only).
• **Deposits** of $25 (payable via credit card by phone at 319-395-6700 or by check payable to Prairiewoods mailed to 120 E Boyson Rd, Hiawatha, IA 52233) hold your registration and are non-refundable. Full payment is due upon arrival. Online registrations (www.Prairiewoods.org/Group-Retreats) require full payment at the time of registration by credit card only.
• **Refunds** (less the $25 non-refundable deposit) or a credit on your account (to be used for another Prairiewoods retreat) are available by calling 319-395-6700, if your cancellation is more than one week prior to the beginning of the retreat. If Prairiewoods cancels the retreat, a full refund is available by calling 319-395-6700.

Please visit www.Prairiewoods.org for all facilitator biographies and to register.