

About Prairiewoods




Prairiewoods Franciscan Spirituality Center is an ecospirituality retreat and conference center in the Franciscan tradition. It is located on 72 acres of woods and prairie on the outskirts of Cedar Rapids, Iowa. Prairiewoods offers a variety of programs and retreats, as well as conference space to rent. Please join us for an enriching experience in this relaxing, nurturing environment!



Prairiewoods is sponsored by Franciscan Sisters of Perpetual Adoration.



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www.prairiewoods.org

Find us on social media:   



Go on Retreat

When you want to escape distractions,
When you need to reconnect,
When the spirit moves you.

PRAIRIEWOODS
A Place of Peace and Transformation

Retreat to Prairiewoods for Personal Growth

A retreat is a period of renewal or seclusion away from the pressures of daily life.

Retreats are becoming increasingly popular because they offer more than peace and quiet; they invite you to reconnect with all that is fundamental and essential to life. They help you to:

- consider what is important to you
- restore your physical, emotional and spiritual energy
- remember and re-engage the simple things in life that offer you joy
- learn new ways to pray and meditate
- build inner strength and courage through spiritual practices
- reflect on important decisions you may be making



Retreats are for businesses, too.

A Prairiewoods business retreat can be a productive alternative to run-of-the-mill conferences. Our spirituality center and natural setting offer space to nurture creativity and an atmosphere that clears away mental clutter. Participants can focus on the goals and objectives of the meeting, rather than on the distractions of the office. We can tailor services to meet your needs.

Go on retreat at Prairiewoods.

Prairiewoods offers a variety of organized retreats, from yoga to meditation, artistic expressions of spirituality to managing change. Individuals also can tailor private retreats to meet their own needs. Whether you crave a week away or can escape only for a few hours, we will help you make the most of your time away. You can even add a massage or spiritual direction to assist or to integrate mind-body-spirit healing. Our Guest House features 20 rooms that are simply furnished with twin beds, a dresser, a comfortable chair and a desk. The cost is \$65 per night, or \$85 with all three meals provided by our on-staff chefs. We also have two hermitages, or small cabins in the woods, that are perfect for one person desiring even more solitude. The cost is \$60 with a two-night minimum.

To schedule your next retreat, contact Prairiewoods at 319-395-6700.

