

cosmos at Prairiewoods by Ashlyn Ring

PRAIRIEWOODS

Franciscan Spirituality Center

A Place of Peace and Transformation

January–June

2025 Retreats

120 East Boyson Road • Hiawatha, Iowa 52233 • 319-395-6700 • www.Prairiewoods.org



The Awakened Brain: The New Science of Spirituality & Our Quest for an Inspired Life

with author &
researcher
Lisa Miller, PhD

Monday, May 5
&
Tuesday, May 6

at First Lutheran
Church
1000 Third Avenue SE
in Cedar Rapids

Save the Date!

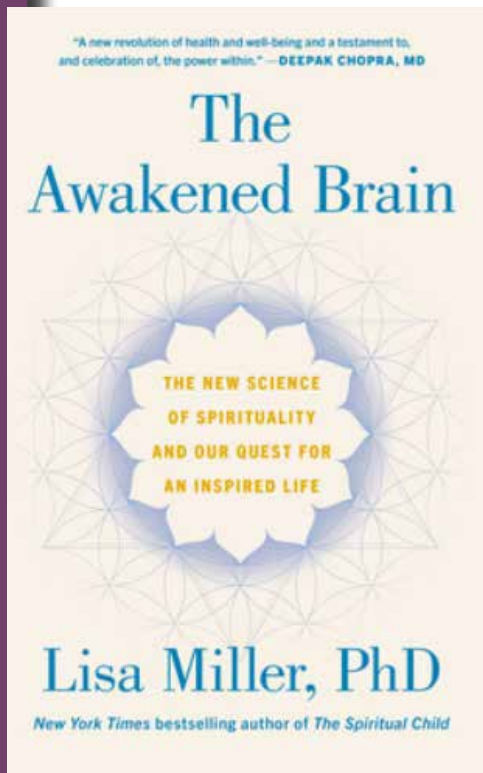
With the continued awareness that mental health can be supported through many different modalities, the work of Lisa Miller, PhD, has captured our attention. You are invited to learn from one of the nation's leading neuroscience researchers about the impact that spirituality can have on our mental wellbeing. This year's *Spirituality in the 21st Century* event will combine cutting-edge science with direct tools for application for people from all walks of life.

Dr. Lisa Miller is a professor of clinical psychology at Teachers College, Columbia University. She is the

founder and director of the Spirituality Mind Body Institute, the first Ivy League graduate program in spirituality and psychology. For more than a decade, she has held joint appointments in the Department of Psychiatry at

Columbia University Medical School. Dr. Miller has worked closely with the United States Army, assisting them in educating soldiers about the importance of spiritual fitness. Author of the New York Times best-selling book *The Spiritual Child*, Dr. Miller released a second evidence-based book based on her research in 2021 called *The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life*.

Registration for this event will open in late fall 2024 at www.Prairiewoods.org/Spirituality-in-the-21st-Century



co-sponsored by





Living with Intention

Friday, Jan. 3, 6 p.m.–Sunday, Jan. 5, 1 p.m. (Choose the length of retreat that works best for you!)

Facilitator: Leslie Schwarting

Oscar Wilde wrote, “To live is the rarest thing in the world. Most people exist, that is all.” How are you showing up in this life? Are you existing, or are you really living? Join us as your schedule allows, as a commuter or with one or two overnight stays. We will discuss living with intention and participate in a mindfulness practice. A body movement activity will lead us into a short exploration of our mindset and heart’s calling in the new year. Rest and quiet will be plentiful, with an optional centering prayer activity. Then we will walk the indoor labyrinth while contemplating our intentions for 2025. Finally we will participate in a beading practice in which we create an intention catcher as a keepsake of our intentions for the year ahead. We hope this retreat will give you time to prepare for and enter into 2025 with clarity and peace.

Friday–Sunday Fee: \$265 includes sessions, Friday and Saturday lodging, and Saturday breakfast through Sunday lunch

Friday–Sunday Commuter Fee: \$195 includes sessions, Saturday lunch and dinner, and Sunday lunch

Friday–Saturday Fee:



\$225 includes Friday and Saturday sessions, Friday lodging, and Saturday breakfast and lunch

Friday–Saturday Commuter Fee: \$175 includes Friday and Saturday sessions and Saturday lunch

Pathways of Peace: Food as Relationship

Friday, Jan. 24, 6:30 p.m.–Sunday, Jan. 26, 1 p.m.

Facilitators: Christina Campbell & Ann Jackson, PBVM



Explore an innovative approach to deepening our relationship with food, our connection with the land, and co-creating a learning community to promote health and wellbeing for all!

Michael Pollan asks, “What would happen if we were to start thinking about food as less of a thing and more of a relationship?” Join a learning community to deepen our connection to food and to the land through food choices. Drawing from meditative practices, spiritual and ecological resources, physiology, and nutrition, we’ll consider how the food we choose to eat connects us to all life forms. We will create a personal Food Peace action plan to cultivate peace for self, others and all of creation. If you choose, we will reconvene at seasonal tables in 2025 to learn to access a variety of foods, noting how our choices reconnect and ground us to others and to the land.

Continue the journey throughout 2025 in spring (March 21–22), summer (June 27–28), fall (Sept. 5–6) and winter (Dec. 13).

Fee: \$255 includes sessions, Friday and Saturday lodging, and Saturday breakfast through Sunday lunch

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

Pause. Rest. Be. Mid-Winter Silent Directed

Friday, Jan. 31, 5 p.m.–Sunday, Feb. 2, 1 p.m.

Facilitator: Ann Jackson, PBVM

Winter offers a grand invitation to pause, rest and be with all that’s stirring within us. Pausing to sense stillness and silence often surfaces the wisdom of the body. We will gather to listen to the wisdom of silence together and to learn mindful embodiment practices to incorporate into our daily rhythms. Between those few brief group opportunities and some wholesome meals will be time for us to individually practice pausing, resting and being. You may choose to participate in one or two sessions of spiritual direction and can also receive massage, healing touch or reflexology. The content of this retreat is inspired by Octavia F. Raheem’s brilliant offering *Pause Rest Be: Stillness Practices for Courage in Times of Change*.

Fee: \$255 includes mindfulness meditation sessions, Friday and Saturday lodging, and Friday dinner through Sunday lunch

Commuter Fee: \$180 includes mindfulness meditation sessions, Friday dinner, Saturday lunch and dinner, and Sunday lunch





Earth, Body, Mind & Spirit

Saturday, Feb. 15, 9 a.m.–Sunday, Feb. 16, 5 p.m.

Facilitator: Shawn Westbrook

Would you like to reconnect with your true self to gain a deeper understanding of the transformative power of the natural world? During these two days, we will engage in energizing and restorative yoga sessions, find our anchor through guided mindfulness and silent meditation, and, weather permitting, savor immersive nature walks with other like-minded individuals. We will explore how we express our individuation within a community and become aware of where our shadow side is present and how to integrate it. Through Earth, body, mind and spirit, we will connect to our authenticity and leave feeling restored. This retreat offers a unique blend of movement, mindfulness, integration work and a profound connection to the natural world. Whether you're seeking physical strength, emotional balance or spiritual insight, this retreat will offer an opportunity to reconnect with the body, mind and spirit to reveal your own unique inner and outer vibrance.

Fee: \$195 includes sessions, Saturday lodging, and Saturday breakfast through Sunday lunch

Commuter Fee: \$120 includes sessions, Saturday lunch and Sunday lunch



Awakening Awareness of Energy

Friday, Feb. 21, 6:30 p.m.–Sunday, Feb. 23, 1 p.m.

Facilitators: Tammy Bayer & Ann Jackson, PBVM

We host seven different energy centers in our bodies. Scientific research and some spiritual traditions cite that each energy center corresponds to a particular stage of life. This experiential retreat will invite women of all ages to deeper understanding of the body's energies and engage a variety of meditative practices to integrate the mind, body and spirit for healing and wholeness. Utilizing wisdom from many resources, among them *The 7 Healing Chakras: Unlocking Your Body's Energy Centers* by Brenda Davies, MD, retreatants will potentially move through past experiences to rest in the present and animate possibility.

Fee: \$255 includes sessions, lodging, and Saturday breakfast through Sunday lunch

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

Japanese Art of Kintsugi: Embracing Our Imperfections with Grace & Courage

Friday, Feb. 28, 7 p.m.–Saturday, March 1, 4 p.m.

Facilitators: Jean Pagliaro & Julie Connelly

The Japanese art of Kintsugi takes broken pottery and repairs the cracks with gold. These restored bowls, formerly considered worthless, become treasured items of great worth and beauty. We will use this art as a symbol of our spiritual life. Our wounds and failures can easily harden into shame and regret. Yet, if we look at our lives through the eyes of grace and compassion, our painful experiences can be transformed into great sources of inspiration, beauty and wisdom. This retreat will include time for creative expression, presentation time, individual reflection and small-group processing.

Fee: \$225 includes sessions, art supplies, Friday lodging, and Saturday breakfast and lunch

Commuter Fee: \$205 includes sessions, art supplies and Saturday lunch





The Nature of Real Connection: Five Lessons from the Woods

Friday, March 14, 6:30 p.m.–Sunday, March 16, 1 p.m.

Facilitator: Sam Rahberg

A Retreat for Men

There are no shortages of responsibilities and relationships in a day, yet we are still left hungry for something more. We don't want transactional conversations; we want real connection. What can we do to find that? Join a weekend retreat with other men who are curious about these questions. We will look toward nature for some insight and encouragement. We'll explore the deep bonds between people and the natural world. Through short presentations, time in nature and interactive conversations, we will explore five lessons from the woods—grounding in the present, building community, embracing change, learning from the elders, and giving and receiving. Each day offers opportunities for real conversation, relaxation and spiritual renewal.

Fee: \$255 includes sessions, lodging, and Saturday breakfast through Sunday lunch

Commuter Fee: \$180 includes Saturday lunch and dinner and Sunday lunch



Pathways of Peace: Food as Relationship Spring Table

Friday, March 21, 6:30 p.m.–Saturday, March 22, 4 p.m.

Facilitators: Christina Campbell & Ann Jackson, PBVM

Spring invites a spirit of discovery as seeds break open with sprouts emerging from the seemingly sleepy soil, enlivening Earth once again with vibrant color and growth. Impelled and inspired by the determination of the tiniest of sprouts peeking through winter's final snowfall, we, too, begin to awaken from dormancy. Explore with a learning community how spring sprouts provide opportunities to transform our relationships with self, others and Earth through our personal food choices. To deepen our understanding of all that the season has to offer, we'll draw on the wisdom of environmentalists, mystics, poets and contemporary sages. Using our senses, such as taste, smell and touch, we'll connect with the greening power of spring foods, such as asparagus, spinach and kale. Bring ideas for resourcing spring foods from local sources or healthy, springtime recipes to share as we gather around the spring table in peace and relationship.

Fee: \$150 includes sessions, Friday lodging, and Friday dinner through Saturday lunch

Commuter Fee: \$100 includes sessions, Friday dinner and Saturday lunch

Discovering the Spiritual Wisdom of Trees

Friday, March 28, 6:30 p.m.–Sunday, March 30, 1 p.m.

Facilitator: Leah Rampy, PhD

We live in uncertain times, poised on the edge of increasingly rapid change and loss for Earth, ourselves and all that we love. Our connections to the living world have frayed, and it's difficult to find our way back to the relationships and possibilities for which we long. Yet, there is wisdom available to us for living in these fraught times; there is guidance close at hand that can point the way to healing and wholeness for our days and the times beyond. We'll look to the ancient spiritual and ecological wisdom that trees have to offer. Trees, our elders who have graced Earth far longer than the human family, demonstrate living in community and collaborating for mutual benefit. They invite us to open more fully to the awe and wonder of this world, allowing our awareness of sacred oneness to deepen. In the company of trees, we'll be called to bear witness to loss and to expand our hearts to hold our grief alongside joy and beauty. With group conversation, optional practices, and spacious time for wandering or sitting in silence with trees, we'll seek to enliven our understanding of resilience, healing and hope and bring home the blessings of this retreat time.

Fee: \$255 includes sessions, lodging, and Saturday breakfast through Sunday lunch

Commuter Fee: \$180 includes sessions and Saturday and Sunday lunch





spring & summer 2025 retreats

A Spring Day in the Garden & Woods

Friday, May 16, 6:30 p.m.–Saturday, May 17, 4 p.m.

Facilitators: Scott Koepke & Aaron Brewer (with assistance from Prairiewoods staff members)

Research affirms that the act of gardening is therapeutic. In addition to producing food and beauty, gardens grow healthier minds and social networks. From soil to soul, this inspirational, fun workshop offers food for thought on how nurturing botanical life can heal our mental and physical challenges. We learn to build from the ground up to harvest nutrition and cultivate hope, peace and strength for the next generation. Enjoy a beautiful overnight retreat in the garden with reflective, hands-on learning. We'll experience a variety of mindful ecological experiences, including:

- Garden Bridge Outreach, a 90-minute interactive garden life-skill education service that helps people develop a garden
- deepening our understanding of food as common ground in a polarized world
- the lessons of compost for transforming old life into new

We will also learn about establishing and caring for a pollinator garden and basic tree identification.

Fee: \$175 includes sessions, lodging, and Saturday breakfast and lunch

Commuter Fee: \$100 includes sessions and Saturday lunch (Scholarships are available.)



Exploring Traditional Chinese Meditative, Healing & Martial Arts

Friday, May 16, 6:30 p.m.–Sunday, May 18, 1 p.m.

Facilitator: Gerry Hopkins

Chinese culture has been influenced by Daoist philosophy, which emphasizes living in alignment with nature. To that end, Daoist practice encourages us to live simply, remain positive, nourish our body and mind, and not waste our energy. Retreatants will be introduced to basic Neidan, Qigong and Tai Chi practices. Neidan are Daoist meditation techniques. Qigong are healthy practices involving movement, visualization and focus on breathing. Tai Chi is a martial art that emphasizes maintaining balance while neutralizing threat. Following an introduction into these methods, we will have the opportunity to practice them through various exercises and situations. Our goal will be to develop a sustainable practice for negotiating life's difficulties. We also will be introduced to and gifted with various types of tea that promote health and wellbeing.

Fee: \$255 includes sessions, lodging, and Saturday breakfast through Sunday lunch

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

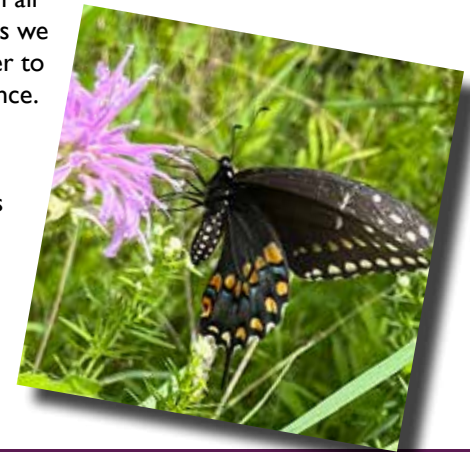
The Power of Silence: June Silent Directed

Sunday, June 8, 5 p.m.–Saturday, June 14, 1 p.m.

Facilitators: Prairiewoods Spiritual Directors

What's the deepest silence you've ever known? Enter into deep silence to sense what it feels like to awaken a quiet and palpable connection with the Source of All Being. Each day you will receive ongoing direction as you and a professionally-trained spiritual director intentionally listen to the movement of the Source of All Being in your heart. Silence assists you to get in touch with feelings, thoughts and actions as you reflect, meditate, pray and rest. Silence deepens the capacity to discern, notice and sense the movement of the Source of All Being within the whole of your life. Sharing with a professional may bring you clarity, deepen your commitment and accountability to the direction of your life, and offer insight into that direction. We try to hold any outside stimulation to a minimum so that everything—the silence, solitude, reflective activities, meals, etc.—supports your journey within. A daily centering practice is offered. Optional reflective activities such as artwork, yoga and singing bowl meditation are available throughout the week. Come re-establish and remember the deep connection we share with all of Creation as we listen together to the great silence.

Fee: \$525 includes lodging, meals and daily spiritual direction (Lodgers only, please.)





Joyful Teaching: Cultivating Joy through Mindfulness & Social & Emotional Learning

Credit 1: Monday, June 16, 1 p.m.–Wednesday, June 18, 12 p.m.

Credit 2: Wednesday, June 18, 1 p.m.–Friday, June 20, 1 p.m.

Facilitators: Sarah Montgomery & Ann Jackson, PBVM

Would you like to cultivate more joy in your classroom, teaching and daily life? Do you want to learn about mindfulness and social and emotional learning (SEL) practices you can use to support your wellbeing and the wellbeing of your students? Enroll in one or both of these courses to learn practical, simple ways you can press pause, recenter and intentionally promote joy in your personal life that will ripple out to your students, family and the world. Through practices of mindfulness, SEL, self-compassion and neuroscience, explore joyful applications in your life and in the classroom to build resiliency, hope and curiosity leading to health and wellbeing. These courses provide educators and any school or university staff or administrator with research-based theory, collaborative design and opportunities to practice. This retreat-like course will occur indoors and out on the beautifully supportive and restorative 72 acres of Prairiewoods.

Fee: \$175 per credit hour (plus \$35 paid to Grant Wood AEA) includes sessions, lodging and all meals (*Lodging is strongly encouraged.*)



Commuter Fee: \$75 per credit hour (plus \$35 paid to Grant Wood AEA) includes sessions and daily lunch

Cultivating an Awakened Brain

(Follow-up to *Spirituality in the 21st Century*)

Friday, June 20, 6 p.m.–Saturday, June 21, 4 p.m. (or stay through Sunday morning with optional Saturday evening mindfulness practices)

Facilitators: Sarah Montgomery; Ann Jackson, PBVM; & Leslie Schwarting



How do you cultivate an awakened brain? Let's practice relinquishing our achievement-focused activities, being mindful and tuning into the world to turn down the noise, readying our awareness for fresh insights. Through chanting, prayer, creative expression, movement, walks in nature, meditation and many other modalities, we will learn how easy it is to step away from the daily buzz of life to re-center and reconnect with each other, our minds, our hearts and Earth. Why does this matter? Because life is beckoning us forward with an invitation to experience it fully. We will spend time with content from the book *The Awakened Brain: The New Science of Spirituality and our Quest for an Inspired Life* by Spirituality in the 21st Century speaker Dr. Lisa Miller. With ample time for reflection, tranquility and practice, this retreat will be especially powerful if you attend *Spirituality in the 21st Century* (May 5 or 6), however, attendance is not required to participate in this retreat.

Friday–Saturday Fee: \$205 includes sessions, Friday lodging, and Saturday breakfast and lunch

Friday–Sunday Fee: \$255 includes sessions, Friday and Saturday lodging, and Saturday breakfast through Sunday breakfast

Commuter Fee: \$175 includes sessions and Saturday lunch

Pathways of Peace: Food as Relationship Summer Table

Friday, June 27, 6:30 p.m.–Saturday, June 28, 4 p.m.

Facilitators: Christina Campbell & Ann Jackson, PBVM

Check out this wonderful learning community dedicated to embracing food as a pathway to peace. Summer takes us out to farmer's markets, to garden plots, to potted veggies on the deck. Sense summer's call to transform our relationship with self, others and Earth through our personal food choices. Guided by environmentalists, mystics, poets and contemporary sages, we'll tend resources for summer produce near and dear to us. We'll deepen our relationships with nature through our food choices, engaging in creative acts such as writing and walking in the Prairiewoods gardens. Bring your favorite healthy recipes of locally grown foods to share as we gather around the summer table in peace and relationship.

Fee: \$150 includes sessions, Friday lodging, and Friday dinner through Saturday lunch

Commuter

Fee: \$100 includes sessions, Friday dinner and Saturday lunch





Facilitators (in alphabetical order)

2025 retreats

Tammy Bayer (*Awakening Awareness of Energy*) is engaged as a yoga instructor—a natural extension of her work as a doula (labor coach) and childbirth educator. Tammy enjoys keeping classes and workshops informative and emotionally enriching. She enjoys walking with, connecting to and empowering women of all ages.



Aaron Brewer (*A Spring Day in the Garden & Woods*) studied parks and natural resources and conservation management at Upper Iowa University, leading to his involvement with BruceMore, Trees Forever, AmeriCorps and the Iowa Department of Natural Resources. Originally from Iowa City, Aaron lives in Cedar Rapids with his wife, Hannah, and daughter, Maribel. As Prairiewoods' Land Sustainability Coordinator, you'll find him practicing his passion for gardening and managing the 70 acres of timber and prairie restoration projects.



Christina Campbell (*Pathways of Peace: Food as Relationship*) is associate professor in food science and nutrition at Iowa State University and a registered dietitian. She researches prenatal lifestyle choices on the health of mothers and children, and the intersection of food and peace. In her courses, she provides space for students to learn about the prevention and treatment of chronic disease, reducing consumer food waste, and sustainable diets.



Julie Connelly (*Japanese Art of Kintsugi: Embracing Our Imperfections with Grace & Courage*) is the program and retreat coordinator at the Franciscan Spirituality Center in La Crosse, Wisconsin. She was born and raised in the La Crosse area and continues to call it home. She enlisted in the Army National Guard her junior year of high school and served six years. Julie graduated from Western Technical College and earned degrees in marketing, retail management and fashion marketing. She then went on to earn her bachelor's degree in business with a focus on leadership from Capella University. Julie completed the Spiritual Direction Preparation Program at the Franciscan Spirituality Center, where she fell in love with being at the center and participating in programs. Most recently, Julie became a Certified Grief Educator through David Kessler. Julie has one son and loves spending time with her family, friends and adorable animals. She also enjoys participating in activities with her North Presbyterian Church family, being in nature, reading, shopping, traveling and exploring.



Gerry Hopkins (*Exploring Traditional Chinese Meditative, Healing & Martial Arts*) has been practicing martial arts for almost 40 years. He is a certified level III instructor with the American Tai Chi and Qigong Association. For 27 years, he has had the good fortune to learn from a number of highly accomplished teachers of Tai Chi and Qigong, and since 2013, he has studied Qigong and Tui Na with Dr. Aihan Kuhn, a physician trained in both Western and Chinese Medicine.



Ann Jackson, PBVM, (*Pathways of Peace: Food as Relationship; Pause. Rest. Be. Mid-Winter Silent Directed; Awakening Awareness of Energy; Joyful Teaching: Cultivating Joy through Mindfulness & Social & Emotional Learning; Cultivating an Awakened Brain*) is Prairiewoods' coordinator of spiritual services. Blending love of nature, literature, leadership and spirituality, Sister Ann delights in listening with others to the energy of Spirit stirring creativity, passion, discernment and service. Newly certified as a Mindfulness Meditation Teacher with Jack Kornfield and Tara Brach, she is committed to mindful living and compassion, evolving consciousness, and personal and social transformation by bringing mindfulness to local and global communities. She enjoys offering spiritual direction and facilitation to individuals and groups.



Scott Koepke (*A Spring Day in the Garden & Woods*) is the founder of Garden Bridge Outreach, was the farm manager for Indian Creek Nature Center, is an Iowa Board of Educational Examiners licensed substitute teacher, and is the 2019 recipient of the Iowa State Education Association's Friend of Education Award. He founded New Pioneer Food Co-op's Soilmates, a garden and life-skill education service for children, and co-founded Grow Johnson County, a hunger relief farm. Scott has taught garden life-skill curricula at both juvenile and adult correctional facilities and has served as staff counselor at Linn County Juvenile Detention Center. He is a graduate of Iowa State University, a former Peace Corps Volunteer and a certified Adverse Childhood Experiences instructor.





Facilitators (in alphabetical order)

2025 retreats

Sarah Montgomery, PhD, (*Joyful Teaching: Cultivating Joy through Mindfulness & Social & Emotional Learning; Cultivating an Awakened Brain*) is a professor of elementary education at the University of Northern Iowa.



She is a former elementary teacher and Certified Mindfulness Educator who has 20 years of experience in teacher education. Sarah enjoys supporting educators using mindfulness, social and emotional learning (SEL), and restorative practices to create classrooms rooted in connection and care.

Jean Pagliaro (*Japanese Art of Kintsugi: Embracing Our Imperfections with Grace & Courage*) is the director at the Franciscan Spirituality Center (FSC) in La Crosse, Wisconsin.



She has been a part of the FSC team since 2017, first as the program and retreat coordinator. She earned her master of divinity from Lutheran School of Theology in Chicago and her bachelor of arts in social work from Carthage College in Kenosha, Wisconsin. She has extensive training in crisis response, community-based organizing and effective communication, as well as significant fundraising and grant-writing experience. Jean serves on the boards of YWCA and Scouts BSA and is also on the Advisory Committee for Great Rivers 2-1-1. She lives in Onalaska, Wisconsin, with her husband, Matt; their children, Logan and Lydia; and their two Labrador retrievers, Gander and Scout.

Sam Rahberg (*The Nature of Real Connection: Five Lessons from the Woods*) is the director of the Graduate Certificate in Spiritual Direction at Saint John's School of Theology and Seminary in Collegeville, Minnesota. He is also the author of *Enduring Ministry* and a collection of poems. In his free time, you'll find Sam working his family woodland along the Root River in Southeast Minnesota.



Leah Rampy, PhD, (*Discovering the Spiritual Wisdom of Trees*) is a writer, speaker and retreat leader who weaves ecology, spirituality and stories to encourage deeper connections to the natural world.



She is the author of the multi-award-winning *Earth and Soul: Reconnecting amid Climate Chaos* (Bold Story Press, 2024) and co-author with Beth Norcross of *Discovering the Spiritual Wisdom of Trees* (Broadleaf Books, 2026). Leah leads retreats and seminars for Shalem Institute, Center for Spirituality in Nature, Friends of Silence and other organizations. She is founder and leader of Church of the Wild Two Rivers and the volunteer group Save Our Soil. Leah resides with her husband in a co-housing community in West Virginia.

Leslie Schwarting (*Living with Intention; Cultivating an Awakened Brain*) serves as a full-time spiritual director and retreat facilitator at Prairiewoods. A wife, mother of three adult women and former hospital executive, she completed her spiritual direction certification with the direct intention to tend to the souls of others. Leslie loves to create space for others and support them as they explore what their hearts crave, identify where opportunities for healing are, contemplate the rich questions of life, and grow closer to God, Earth, oneself and others.



Shawn Westbrook (*Earth, Body, Mind & Spirit*) is a dedicated yoga instructor, healer, nature lover and lifelong learner. His healing journey began with a deep-rooted love for nature, which he nurtured through the years. This deep connection to the land and natural rhythms has informed his approach to health and wellbeing, believing that true health begins through harmony with the natural world and its rhythms to help reveal our authentic self. Shawn's teachings are heavily influenced by the principles of aligning with nature and its rhythms, particularly the ideas of eco-therapy, alchemy, shadow work and individuation—the process of becoming who you truly are. Shawn guides students not only through physical postures, meditation and breathwork, but also through inner explorations that help us connect with our true, authentic selves.





Retreat Information

2025 retreats

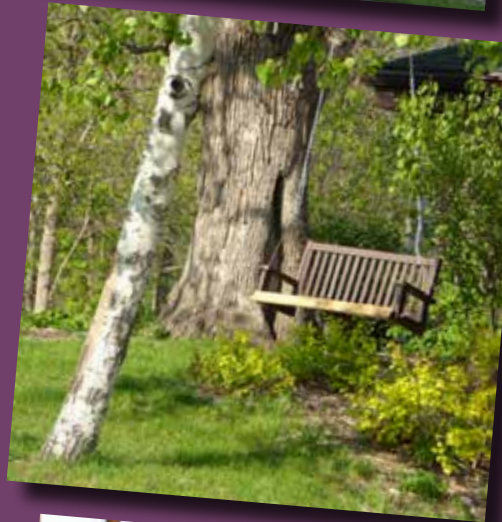
General Retreat Information

- **Registration:** For further information or to register for retreats in this brochure, visit www.Prairiewoods.org/Group-Retreats.
- **Refunds** (minus a \$25 non-refundable deposit) or a credit on your account (to be used for another Prairiewoods retreat or program) 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 will be available.
- **Scholarships:** In the spirit of St. Francis, we honor each person's journey as they nurture their relationships with the Source of All Being, Earth, self and others. We understand that some of our retreats require an investment. We will not turn anyone away because of inability to pay. If you need financial assistance to attend a retreat, please contact us at 319-395-6700 or ecospirit@prairiewoods.org.

Private Retreats

Are you going on sabbatical? Are you approaching a major life transition? Do you need space to write or create art? Come to Prairiewoods!

- **Private Retreats** are available (according to your schedule and Prairiewoods' availability) by contacting Ann Jackson, PBVM, at 319-395-6700, ext. 203, or ajackson@prairiewoods.org. A \$25 non-refundable deposit holds your registration.
- **Six-Day Private, Directed Retreats** cost \$525, including lodging, meals and one daily session of spiritual direction.
- **Overnight Stays** in the Guest House cost \$85 per night (including three meals), or \$65 per night (breakfast only), and in the Hermitage (single occupancy only) cost \$60 per night (you provide your own food, minimum two overnights). Double occupancy in the Guest House is \$130 (including three meals) and \$90 (breakfast only).
- **Holistic Services** (such as massage, reflexology or healing touch) are available upon request for \$65 per hour.
- **Programming**, such as yoga, qigong, singing bowl meditation or centering prayer, may also be available. Visit www.Prairiewoods.org for a complete schedule.
- **Spiritual Direction** is available upon request for \$50 per hour.
- **Day Stays** are available for \$40 (including room and lunch) or \$30 (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.



Design Your Own Group Retreat!

Imagine creating a retreat for you and your close companions or colleagues. We'll help you find a date (based on space availability). We will provide the meals, the overnight accommodations, and the services you need to relax and rejuvenate. Each retreatant pays \$85 for an overnight and three meals. Then you'll have plenty of free time to walk our 2.5 miles of trails, give Grandmother Oak a hug, move through the labyrinth together or gather in the Prayer Circle. Additional group services can be arranged, including guided forest therapy, group spiritual direction, singing bowl meditation, centering prayer, yoga or qigong. Appointments for individual holistic services can also be scheduled, including massage, reflexology, healing touch and spiritual direction. (Costs for individual and group services are not included in the base rates and vary by service.) Contact Jean Sullivan at 319-395-6700, ext. 202, or jsullivan@prairiewoods.org to schedule your group retreat today!

