

HARMONY'S SPRING SPIRITUAL RENEWAL RETREAT

APRIL 20-22, 2018 | FALL RIVER LODGE | ESTES PARK
LED BY HARMONY'S SPIRITUAL ADVISORS

DATE

FRI. APRIL 20 - SUN. APRIL 22

LOCATION

900 W Elkhorn Avenue,
Estes Park, CO

SPACE IS LIMITED

For more information or to make your reservation, please contact:

Cathy Dorman | (970) 577-3170

cdorman@harmonyfoundationinc.com

COST

Single room- \$350

Shared room - \$300

Bunkbed- \$250

All lodging, meals and activities are included

Must be paid in full when registering.

SPIRITUAL RETREATS

are an opportunity to take a break from life's rapid and stressful pace and sink into the present moment, reconnecting with what is important inside ourselves and beyond. Participants will live together in the Fall River Lodge, a beautiful mansion set aside the Fall River with hot tub, sauna, ping-pong, river access, outdoor leisure areas, large indoor communal areas, and walking distance to downtown Estes Park. This year's spring retreat will be a fusion of Eastern and Western approaches to spiritual connection, finding a balance between silent reflection, mindful movement, group connection, and recovery renewal.

THIS RETREAT WILL SPECIFICALLY INCLUDE:

- *Native American rituals and ceremonies,*
- *Buddhist meditation and mindfulness practices,*
- *Taoist Tai Chi and Qi Gong exercises,*
- *Indian Yoga practices,*
- *Contemplative prayer from the Christian mystics,*
- *Therapeutic process group, talking circles, and group discussions*
- *1:1 meetings with the Spiritual Advisors,*
- *Big Book and Recovery exploration,*
- *Balance of time spent indoors and outdoors (weather dependent),*
- *Periods of Free Time, and*
- *A visit to Harmony for an evening meal.*

SCHEDULE

FRIDAY, APRIL 20

4:00-6:15	Participants Arrival, Free Time
6:30	Dinner
7:30	Opening Circle
8:30	Evening Reflections
9:30	Noble Silence

SATURDAY, APRIL 21

7:00	Yoga (Optional)
7:30-8:00	Meditation (Optional)
8:00	Noble Silence Lifted/ Free Time
8:30	Breakfast/ Mindful Eating
9:30-10:30	Tai Chi
11:00-12:30	Process Group
12:30	Lunch/ Free Time/ Meet with Spiritual Advisors
3:00-5:00	Walking Meditation & Talking Circle
5:00	Free Time
6:00	Dinner
7:30	Spirituality & the Big Book
8:30	Meditation/Evening Reflections
9:30	Noble Silence

SUNDAY, APRIL 22

7:00	Yoga and/or Tai Chi (Optional)
7:30-8:00	Centering Prayer (Optional)
8:00	Noble Silence Lifted/ Free Time
8:30	Breakfast
9:30	Intentions/Values Exploration
10:30-11:30	Closing Ceremony

RETREAT LEADERS



Steve Aronson is a graduate of Golden Valley Lutheran College in Biblical Studies. He has 35 years of recovery with a passion in studying religious and spiritual traditions. He is most known for inspiring clients through Talking Circles, a deep form of communication. He has worked with teens in transition and adults in recovery since 1999. He is currently the Spiritual Advisor for Harmony Foundation helping clients identify their spiritual path that most suits them.



Mike Lewis is a graduate of Naropa University with a Master's in Contemplative Counseling Psychology. In 2009, Mike was ordained a Buddhist monk and Novice Priest after seven years of residential monastic training in Buddhist and Catholic monasteries. In 2017, he finished his ordination training to become a Zen Priest. Mike was raised Christian, and beginning in

his undergraduate years, he expanded his exploration of the spiritual realm through meditation, Yoga, and through decades spent in the wilderness working as an internationally certified Mountain Guide and Outward Bound instructor. Though Mike is primarily Buddhist, he incorporates a variety of religious, spiritual, psychological, and scientific approaches to his personal and professional practices. Mike has been guiding and assisting others through personal and spiritual transformation in the wilderness since 1993 and in residential treatment since 2006.

Note: Due to costs incurred and limited space, we will be unable to honor any refunds within 30 days of this event. Thank you!