

# ***Reflect and Refresh: A Silent Retreat***

March 26-28, 2010

Quaker Hill Conference Center  
Richmond, IN

This silent retreat is for those who want to get away to connect with the self and with the divine. Take the opportunity to journey within, find the places that need refreshed and renewed and restore peace to your soul with the assistance of a reflective, quiet setting.

The retreat begins with registration at 5:00pm Friday evening and will end at 10:00am Sunday morning.



## Opportunities

During the retreat the following will be offered to assist you in your journey:

- spiritual direction
- sitting meditation
- communal prayer
- contact with nature
- labyrinth
- prayer with music, clay, and pastels

**Fee:** \$170-200 includes 2 nights of accommodations Friday evening light meal; breakfast, lunch, and supper on Saturday; breakfast on Sunday, snacks, private rooms. We offer a sliding scale fee to allow the diversity of people we serve to participate.

**Address:**  
Quaker Hill Conference Center  
10 Quaker Hill Dr  
Richmond, IN 47374-1925

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Please list any special dietary needs:

For more information please email us as listed below or phone 937-423-1228 or 937-564-7346

Cost: \$170-200. Registration by phone must be received by March 19, 2010. Send a \$50 deposit (non-refundable) to Inner Harmony Center at the address listed below.



## **About the Retreat Leaders**

Kathryn Royer is a trained spiritual director with over 13 years of experience. She has a private practice of spiritual direction and health and wellness coaching. In addition, she has vocational experience as a pastor, teacher, chaplain, counselor, and nurse.

Kathryn holds an AS in nursing, a BA in healthcare psychology, M.Div in leadership development and D.Min. focus in Spiritual Direction. She also is a certified health and wellness coach. Kathryn is a dynamic and motivational speaker who has presented internationally. More information can be found at [innerharmonycenter.org](http://innerharmonycenter.org).

Carrie Drees holds a BA in Creative Writing and Religion. She is currently enrolled in a Master's program, which enriches spiritual directors and the path they are on. Carrie has several years experience in a variety of spiritual disciplines.



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*Inner Harmony Center*

*Pathways to New Life*

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Phone: 937-423-1228