



## **A Day of Centering Prayer, Silence & Self-Care**

**March 27, 2021  
9:00 AM to 4:00 PM**

This at-home Zoom retreat includes four 20-minute centering prayer sits, one welcoming prayer meditation followed by centering and lots of time for self-care between. A few days before the retreat a packet will be sent to you with the schedule, retreat guidelines and expectations, tips on getting the most out of your retreat time and some ideas for creative self-care ideas. This is an intentional time for you to get a breath of fresh air in your spiritual, emotional, and physical life. Email any of us with questions.

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