



Upcoming Programs– Siena Retreat Center

May 2017

5637 Erie St., Racine, WI, 53402

For information or to register, call 262-898-2590 or visit

www.SienaRetreatCenter.org

May 6, Saturday, 9am-3pm, *Christian Spirituality and Contemplative Yoga*, Gretchen Baumgardt.



Our theme of *Intuitive Knowing and Interior Freedom* will guide us as we draw from the writings of female figures within the Christian contemplative tradition. Yoga can be a vehicle for deepening our spiritual lives, as well as a form of relaxation. The day will include a morning breathing meditation, morning presentation and group discussion, time for silent reflection and afternoon contemplative yoga, which can be done in a chair, if desired.

Cost: \$35 includes noon meal and supplies.

May 13, Saturday, 9:30am-noon, *Women for Women*, led by everyone who attends

Come join a circle of women's wisdom and mutual support. Connect with other women and with the Divine. We will have time for prayer, meditation, and reflection through readings, creativity, music and stories. We are reading Wayne Muller's *Living a Life of Being, Doing and Having Enough*. Cost: \$10.

May 19-21, 7pm Friday - after noon meal on Sunday, *"Dreams: Wholeness and Holiness"*, Kathleen Bohn, OP

This retreat invites us to go within, to come to a deeper realization of the gift of sleep and the value of our dreams. The writings of Carl Jung will be our primary guide. Through attention to our dreams and interconnecting them to our outer world, we can gain insight and realization of untapped potential and experience healing and growth. Cost: \$225 includes \$50 non-refundable deposit, accommodations and meals.



May 19-21, 6:30pm Friday - after noon meal on Sunday, *Integral Ecology*, S. Linda Gibler, OP



What might we learn by using the lens of "integral ecology," articulated by Pope Francis, to take a new look at who we are and who we are called to be as humans? What transpires when we interface the "powers of the universe," as articulated by Brian Swimme, with the four basic themes of Christian anthropology—sin, grace, creation, and God? What are the cosmos, Earth, current events, and Pope Francis' encyclical *Laudato Si'* calling us to become?

Cost: \$225 includes \$50 non-refundable deposit, accommodations and meals.

Coming Up: Jun 2-4, 7:30pm on Fri - after noon meal on Sunday, *Art Journaling*,

S. Rosemary Schmalz, SP

This retreat is designed to encourage and guide participants to let their inner creativity and inner wisdom emerge. Rosemary will offer opportunities for participants to engage in multiple methods using art, journaling and their combination that may be useful in each one's spiritual journey. Cost: \$225 includes \$50 non-refundable deposit, accommodations and meals.



Every Thursday, 7am-8am, *Centering Prayer*

Start your day praying with others- 20 minutes of silent centering prayer, followed by 40 minutes of reading and discussion. We have just begun reading, *Saint Teresa of Avila: Passionate Mystic* by Mirabai Starr. Freewill offering.

Connect with us on:



RETREATS OPEN TO ALL- MEN AND WOMEN- except where indicated. Partial scholarships are available; as are commuter rates. Please contact Claire at canderson@racinedominicans.org or 262-898-2590