



# SIMPLE PLEASURES

## CONTEMPLATING THE GIFT OF PRESENCE

### A CONTEMPLATIVE DAY RETREAT

SATURDAY, AUGUST 6, 8:30 A.M.—4:30 P.M.  
ANGELA CENTER, SANTA ROSA

GIVE YOUR SOUL THE GIFT OF A DAY AWAY TO ENJOY  
THE SIMPLE PLEASURES OF PRESENCE.

SAVOR, TASTE AND RELAX INTO THE BEAUTY OF NATURE AND  
CONNECT WITH THE WORLD, YOUR TRUE SELF AND OTHERS.

EXPERIENCE SIMPLE MEDITATION PRACTICES, CONTEMPLATIVE  
WALKING AND EXPRESSION OF YOUR DIVINE SELF.

COST: \$60. INCLUDES DELICIOUS, NOURISHING  
FOOD AND DRINK THROUGHOUT THE DAY.

REGISTER ONLINE: [JOURNEYCENTER.ORG/REGFORM.PHP](http://JOURNEYCENTER.ORG/REGFORM.PHP)

LED BY CYNTHIA STRINGER AND VICTORIA TONSKI (INTERN  
SPIRITUAL DIRECTORS IN THE JOURNEY CENTER'S TRAINING  
PROGRAM, GRADUATING IN SEPTEMBER).

*Journey Center, 1601 Fourth Street Santa Rosa, 707-578-2121, [www.journeycenter.org](http://www.journeycenter.org)*