

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

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