



Spiritual retreat has become popular in recent years. People of many walks of life with varying views of spirituality find an opportunity to 'get away from it all'. For some this is a visit to a Health Farm, going fishing, walking the hills or even sitting on a beach on a warm, sunny day. These are all very healthy worthwhile ways to seek contemplation.

Harmony.ie offers its own unique blend of materials for spiritual away days or even week-ends. Suitable for a team of leaders in search of reflective time together, a group of clergy wanting a 'quiet day', a church group or a club of some kind to have a day away, there is a rich variety of material available.

We use material from the Celtic tradition and lots more to give a varied and refreshing day for those who attend. We also offer days built around the rhythm of the Monastic tradition for those who want a more structured day but with space for personal meditation.

Both Essence and the Labyrinth have demonstrated that those of little or no faith will attend these spiritual experiences when offered by faith communities. Perhaps your church could incorporate this into their mission programme.

So what is Needed?

You need a venue that is conducive to a retreat where food can be provided. (It is possible for people to bring their own or to have a shared lunch but this is not quite as successful). We can provide contacts for you.

You also need a group of people willing to commit themselves to the day (or week-end). A group of between 15 and 30 is best. It partly depends on the style of the day and the venue you choose.

What Can *Harmony* Provide?

We will provide a leader and all the material for the day and advice on how to prepare for the day and recruit your members. We can even produce the publicity!

How Much will It Cost?

There are a number of factors that effect the cost of a day or week-end. The amount of preparation required; the number attending and therefore printing costs; the miles the leader has to travel. We are able to give a precise cost once we know what are your requirements.

Please Contact Us

We will be only to pleased to discuss your requirements and give further ideas for you to consider.

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This is one of a number of resources provided by *Harmony*

For the full range of services visit the website: www.harmonyic.org.uk

A selection of testimonials will be found at
www.harmonyic.org.uk/testimonials