

welcoming the body, opening the heart, stilling the mind

# Sacred Pathways into Centering Prayer

...incarnating the breath, gesture and chant

7-Day Intensive Retreat led by Jim Reale

2-8 April 2018



This retreat is a holistic multi-dimensional approach to Centering Prayer. It draws as its inspiration the words from scripture, "Love God with all your heart, with all your soul, with your mind, and all your strength." It introduces the wisdom of safe and simple body movement, breath, Christian Chant and gesture as a way to create receptivity in the body, breath, mind and heart. These contemplative tools are used as vestibules to prepare you for the practice of Centering Prayer. They are systematically taught to deepen your retreat experience and, with supportive handouts, enable you to practice them on your return home.

The intensive retreat was introduced as a Contemplative Outreach pilot program in Santa Fe 2003 and has been very well received by those with long-term Centering Prayer practices at Contemplative Outreach retreats in Oregon, Washington and New Mexico.

**PLEASE PRE-REGISTER BY March 27, 2018**

Register and pay online at <http://www.cosa-contemplativeoutreach.org> or register by mail using this form.

\$50 discount for early registration by March 2.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_

Single Occupancy \$875/person  
\$825/person by March 2.

Double Occupancy \$675/person  
\$625/person by March 2.

Name of Roommate:

\_\_\_\_\_

Hosted by

Timothy Koock 830-997-9554  
Contemplative Outreach San Antonio  
and

Susan Rush 505-930-1777  
Contemplative Outreach of New Mexico

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Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_

Name on Card (please print) \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ 3 Digit Security Code \_\_\_\_\_

Total Charged \_\_\_\_\_

Make check payable to COSA.  
Mail registration form to  
Contemplative Outreach San Antonio  
285 Oblate, Suite 330  
San Antonio, TX 78216