

Prepared by:
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PASSIONIST
EARTH & SPIRIT CENTER

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YOUNG ADULT RETREAT OFFERINGS

CUSTOMIZED RETREAT

Program Manager/Retreat Director of Earth and Spirit Center will collaborate with the representative of the organization/school to create a custom built retreat.
Resources available: Experts in mindfulness, ecology, environmental social justice, and building community

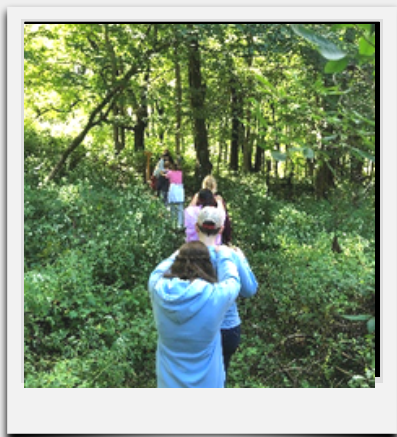
Price \$50 per person

RETREAT PACKAGES

Program Manager/Retreat Director and retreat associates from the Earth and Spirit Center will lead the retreats

Options:
Community and Compassion - Creating Empathy
Our Place in Nature
Team Building

Price \$43 per person for Day Retreat
Price \$100 per person for Overnight Retreat



RETREAT PACKAGE DESCRIPTIONS

DAY RETREAT TIME: 8:30 AM – 2:30 PM

OVERNIGHT RETREATS: ARRIVE 3:30PM - DEPART 2:30PM

DAY RETREATS: 20 – 35 STUDENTS AND 2 CHAPERONES

TEAM BUILDING: 20-65 STUDENTS AND 2-5 CHAPERONES

LUNCH: BRING YOUR OWN LUNCH AND WATER BOTTLE

PLEASE EMAIL LORI@EARTHANDSPIRITCENTER.ORG

COMMUNITY AND COMPASSION CREATING EMPATHY AND COMMUNITY

One important value our world is lacking today is a greater sense of empathy. Our world seems to be polarized leaving us in one camp or the other. Students need intentional time to form community and to cultivate empathy. This retreat will be filled with community building activities, mindful listening, nature walks, introspection, small group reflection, and time serving our Earth side by side. A space and opportunity will be provided to form a deeper bond within the community and empathy for others on the retreat. This is a time to spark relationships and understanding that can be nurtured as the community grows.

OUR PLACE IN NATURE

This retreat will be a day for students to recognize their roots in nature and their connection to the bigger world. They will have the opportunity to get their hands in the dirt while serving to maintain the food forest or wetlands. They will walk the cosmic journey trail and discover the beginning of time, listen to guided meditations, and mindfully seek out the smallest elements of creation around them. It will be a time of discovery, hands on service, introspection, and small group sharing, culminating in a new understanding for their place in this world.

TEAM BUILDING EXPERIENCE

Our team building course is set in the woods of our 27-acre nature preserve. We blend our mindfulness and meditation practices through experiential learning on the course in nature. It is a unique experience to stop and take breaths, becoming aware of our thoughts, feelings, and one another while challenging our communication habits. Pre-teens and teenagers in high school and college have a fun time trying to find solutions to the challenges.

OVERNIGHT RETREATS

This retreat gives students the space and time to get to know one another better. Students start and tend a campfire while other students prepare and cook the food over the fire. They also cook s'mores and tell ghost stories. We take a night walk in the woods and then meditate under the stars. They settle in for a lock in the barn overnight, waking up to sunrise meditation and another day of retreating. It's my favorite retreat.