

Ignatian Retreats for Men & Women

Ignatian Yoga: Embodying the Spiritual Exercises

Semi-Silent Ignatian Yoga Retreat on November 22-24, 2019

Pat Cassidy, Nicki Steinmetz Nelson, Carolyn Swabek, and
Chaplain Fr. Michael Sparough, SJ, *Retreat Masters*

To Grow in Faith, We Must Know Our Faith

4-Day Weekend Retreat on March 5-8, 2020

Fr. Keith Muccino, SJ, *Retreat Master*



BELLARMINE
Jesuit Retreat House

420 West County Line Rd
Barrington, IL 60010
www.jesuitretreat.org

Men & Women's Retreat Registration Form

I am registering for the following retreat(s): *(Check all that apply.)*

- Ignatian Yoga: Embodying the *Spiritual Exercises***
November 22-24, 2019 Ignatian Yoga Weekend Retreat
with Pat Cassidy, Nicki Steinmetz Nelson, Carolyn
Swabek, and Chaplain Fr. Michael Sparough, SJ
*Join the Ignatian Yoga Team on an embodied journey
through the Spiritual Exercises of St. Ignatius. This retreat will
incorporate daily meditation and prayer, Ignatian Yoga sessions,
and time in silence to deepen and enliven each person's spiritual
journey. Ignatian Yoga sessions include a talk with themes from
the Spiritual Exercises of St. Ignatius and Yoga philosophy,
embodied movement, silent reflection, and small group sharing.
All adults are welcome to attend this retreat.*
- To Grow in Faith, We Must Know Our Faith**
March 5-8, 2020 Men & Women's 4-Day Weekend Retreat
with Fr. Keith Muccino, SJ
*In these challenging times, faith is our anchor and our strength.
To receive the strength, hope and courage that faith offers us,
we must have a rich understanding of our faith and allow it to
inform and transform our lives as mature disciples of Christ. In
this retreat we shall re-explore some of the graced foundations
of our Catholic faith such as prayer, love, sacrifice, acceptance,
spiritual freedom, the Cross, covenant, hope and hospitality -
seen through the dynamic lens of Ignatian Spirituality.*

Name: _____

Address: _____

City/State/Zip: _____

Phone/Email: _____

Food Allergy / Room Needs: _____

Enclosed is my \$95 deposit check payable to:
Bellarmino Jesuit Retreat House, Inc.

Credit Card Type, *if applicable*: Visa Amex MC Discover
Charge my card \$_____ Expiration Date:_____

Card #: _____

Signature: _____