

Ignatian Spirituality and Yoga



BELLARMINE

Jesuit Retreat House

February 21-23, 2025

*Ignatian, Semi-Silent
Weekend Retreat for Men & Women*

This retreat includes gentle movement, group prayer, silent reflection, small group sharing, and spiritual direction. We will explore the four Universal Apostolic Preferences of the Society of Jesus through the lens of both the Christian and Yoga traditions. Relax, and connect with God, nature, self, and others. No prior experience required.



Retreat Leader: Fr. Bobby Karle, SJ

Jesuit co-founder of Ignatian Spirituality & Yoga; associate pastor at St. Mary Student Parish in Ann Arbor, MI; Masters degree in Philosophy from Fordham University.



To register for this retreat, scan the QR Code
or visit jesuitretreat.org/retreats



847-381-1261 • [JesuitRetreat.org](https://jesuitretreat.org) • Barrington, IL

The Bellarmine Retreat Experience

What to Expect

This retreat includes several presentations, daily Mass, communal prayer, six delicious meals, a one-on-one conversation with a spiritual director, and many other opportunities to explore the retreat house and grounds. Come to the quiet to read, sleep, pray and reflect. All activities are optional.

- Bellarmine has two libraries, a resource center, two chapels, dining room, and many other places to relax.
- Located on 80 acres, with both woodlands and prairie grasses.
- Outdoor spaces include walking trails, prayer gardens, a gazebo, stations of the cross, as well as patios and outdoor chairs and benches.
- Each retreatant has their own bedroom.



Graces and Blessings of a Retreat

"I enjoy coming to a Bellarmine retreat to let go of the worldly distractions and reconnect and refocus on Our Lord and what is important in life."

"Time to be silent, to grow in my relationship with Jesus. Excellent "tools" given to help make that happen."

"The silence. It's the only time in life where I have access to silence for this long and it opens my heart to hear God."

Join us on retreat!

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