

Mind Body Spirit

Sangha Shantivanam Retreat
Saturday
January 11, 2014

New Camaldoli Hermitage
Big Sur, CA

<i>Time</i>	<i>Content</i>
9:30 - 11:00 AM	Prayer, Meditation, Discussion with Fr Cyprian
11:30 AM	Eucharist in the Chapel
12:30 PM	Lunch
2:00 - 3:00 PM	Talk, Meditation, Ending Prayer with Fr Cyprian

Notes:

1. Our time with Fr Cyprian will be in the Chapter Room
2. Please bring your own 'brown bag' lunch
3. Suggested donation to the Hermitage: \$20 - \$50

Lets Carpool!

Please contact Radha with your plans for carpooling at radha@cruzio.com

RSVP!

Reservations and questions about the retreat? Contact Judy at pgjudy46@gmail.com