



The Heart of Compassion and Forgiveness

A residential retreat presented by

The George Mann Project for Spiritually Centered Living - Programming to Enrich Well-Being

Join us on a journey to self love, kindness and ultimately, forgiveness of self and others where you'll experience powerful transformational tools that will help you find a deeper sense of peace.

We will practice mindfulness, compassion and forgiveness through meditation, and unique practices that address healing of every kind- mental, emotional, physical and spiritual.

Everyone is welcome! Our presenters are fluent in the AA Steps and Traditions, but our programming *serves everyone*, whether struggling with chemical dependency or other life limiting issues.



Retreat Leaders:

- **Laura Davida Preves** is an ordained interfaith minister, spiritual counselor, and professional musician, who recognizes the importance of living by the tenet "Only Love Heals".
- **Ellie Hyatt** is the Director of Family and Spiritual Recovery at The Retreat, a Certified Spiritual Director, and has completed professional training on Self-Compassion.
- **David Onan** leads the Meditation of the Sacred Heart.



2015 Retreat Dates

All Retreats are held Sunday-Tuesday.

March 1—3

April 12—14

May 17—19

September 13—15

October 4—6

November 15—17

December 4—6 (held in Springdale, UT)*

The cost for each retreat is \$200, including lodging, meals & materials.

Scholarship funds are available.

*Room and board is not included in this retreat fee.

For additional information, or to register, call 952.476.0566 or 952.767.0334 or visit our website: www.theretreat.org