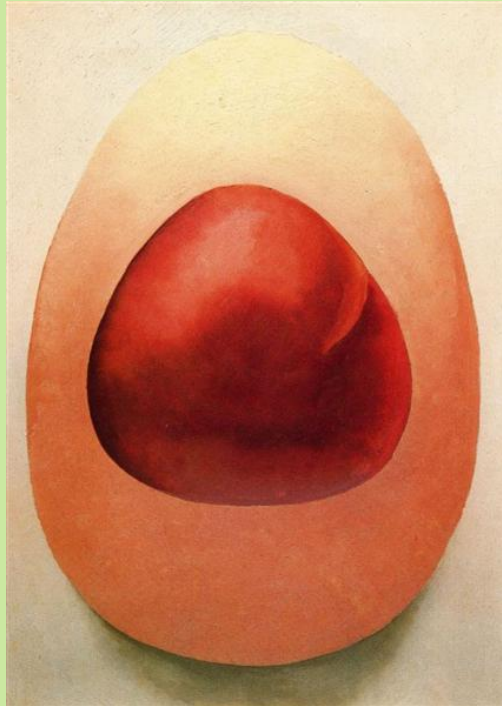


The Embodied Heart: *Deepening Three-Centered Knowing*

Hallelujah Farm · Chesterfield, NH



August 9th - 13th, 2017

We invite you to join us for a 4-day retreat that offers a unique opportunity to explore "three-centered knowing", a key aspect of the Wisdom path. As we embody awareness in the moving, feeling and intellectual centers, we cultivate and awaken the Heart, our abiding connection with Presence and Life.

Our focus will be on embodied prayer, a way of bringing contemplative practice more fully into the whole being, experiencing the physical and the sentient with conscious attention. As we explore qualities of the heart we will become familiar with easeful whole-body gestures from tai chi and other Taoist traditions. Included will be specific practices to enhance our strong, robust and expansive hearts, as a necessary complement to our tender, compassionate hearts.

We will live within a rhythm of centering prayer, chanting, lectio divina (with text, image, nature and the elements) as well as conscious practical work. There will be free time each day and opportunities to engage in sacred conversation.

People of all spiritual traditions (or none) are welcome. Some experience with silent prayer or meditation may be helpful. No prior experience with yoga or tai chi is required.

Retreat Guides: Allen Bourque, Laura Ruth and Kerstin Lipke.

Allen is a long-time Centering Prayer practitioner and tai chi teacher who has been presenting workshops and retreats throughout New England for several years.

Retreat begins: Wednesday, August 9th at 6:00pm with a light supper.

Retreat ends: Sunday, August 13th at 2pm after lunch.

Cost: All are welcome at Hallelujah Farm. The suggested contribution for this 4-day retreat is \$325 which includes a \$50 deposit.

However, we are grateful for your support in the amount you feel you can afford.

Venue: Accommodations are in shared double rooms. Single rooms may be available upon request.

Information & Registration: Contact Kerstin Lipke at kerstinlipke@gmail.com.

In order to hold your place, the following deposit is requested:
\$50 due by July 26th.

**This retreat is made possible by a grant from
The Narthex Foundation
and in partnership with Hallelujah Farm.**

Image: 'Red and Pink Rocks', painting by Georgia O'Keefe