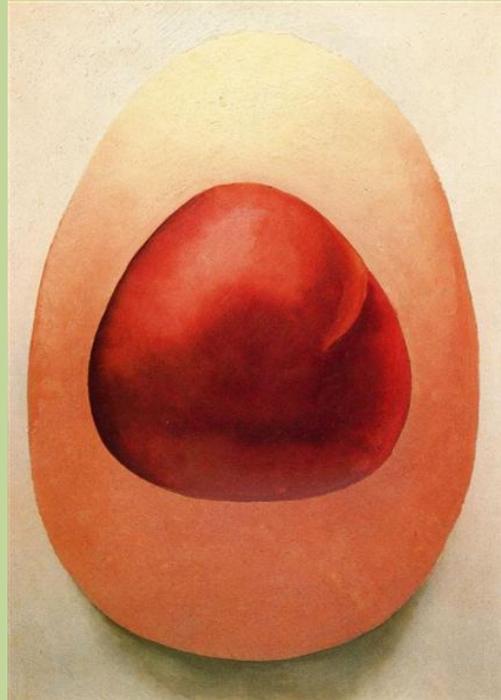


The Embodied Heart: *Finding Presence in Daily Life*

Hallelujah Farm · Chesterfield, NH



June 20th – 23rd, 2019

From a Wisdom perspective, the heart is an ‘organ of perception’ and our place of connection with Presence and Life. In the Taoist tradition, seeing and responding from the heart have always been intertwined with our bodily experience. Strengthening our relationship with our embodied hearts allows us to open more fully and attune to the varied circumstances of our everyday lives.

Join us for a weekend retreat that offers a unique opportunity to explore and begin to develop a relationship with our heart. Through guided contemplative and body-based practices drawn from Taoism and Christianity, we will explore the space of our hearts in a variety of ways and contexts: from the depths of our prayer lives to chopping vegetables to conversation with one another.

We will live within a rhythm of centering prayer, chanting, lectio divina as well as conscious practical work. There will be free time to rest or enjoy the beautiful landscape of the Farm.

People of all spiritual traditions (or none) are welcome. Some experience with silent prayer or meditation is helpful.

Retreat Guides: Allen Bourque and Laura Ruth.

[Allen](#) is a long-time Centering Prayer practitioner, teaches tai chi at Brookline Tai Chi in Massachusetts and has been presenting workshops and retreats throughout New England for several years.

Retreat begins: Thursday, June 20th at 5:30pm with a light supper.

Retreat ends: Sunday, June 23rd at 1pm after brunch.

Cost: All are welcome at Hallelujah Farm and we are grateful for your support in the amount you feel you can afford. As a guideline, the suggested contribution for a shared room is \$350 (includes a \$75 deposit). Single rooms may be available upon request for a suggested contribution of \$425 (includes \$75 deposit).

Venue: Guests receive the generous hospitality of Sandy & Roger Daly of beautiful [Hallelujah Farm](#). Most accommodations are in shared double rooms.

Information & Registration: Contact Laura Ruth at laurampruth@gmail.com.

In order to hold your place, the following deposit is requested:
\$75 due by June 6th.

**This retreat is generously supported by
The Friends of Incarnating Wisdom.**

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