OneLife Institute *for Spirituality & Social Transformation*

6114 LaSalle Ave. #759, Oakland, CA 94611 • Phone: 510-595-5598 • www.onelifeinstitute.org

FOR IMMEDIATE RELEASE: December 7, 2007
Contact: Rev. Dr. Liza Rankow, 510-595-5598, onelife@onelifeinstitute.org

OneLife Institute Hosts Day-long Spiritual Retreat to Renew and Inspire Social Activists

OAKLAND, CA—OneLife Institute will host "SPIRIT, SOUND & SILENCE," a day-long retreat of spiritual renewal, inspiration and enrichment, from 9:30 a.m. to 4 p.m. on Saturday, Jan. 26, 2008, at Holy Redeemer Center, 8945 Golf Links Road in Oakland.

The Rev. Dr. Liza J. Rankow and the OneLife team will facilitate the retreat, and Destiny Muhammad, the "Harpist from the Hood," will provide a healing soundscape of original music. Participants will also enjoy the beautiful wooded setting of The Holy Redeemer Center.

"SPIRIT, SOUND & SILENCE" is designed to be "user-friendly" for new and experienced meditators alike. The retreat includes a labyrinth walk, guided visioning, healing meditation, inspirational music and times of deep silence. Participants in past retreats report experiencing a sense of peace and renewal. While this is essential for everybody in today's high-stress world, it is particularly valuable for those engaged in any kind of activism or community service.

Tuition is sliding scale $35- $100, with no one turned away for lack of funds. Advance registration is requested for planning purposes. Guests are encouraged to bring a journal, a potluck item for the shared lunch, and anything needed to be comfortable for the day. Some refreshments will also be provided.

For more information or to register, call 510-595-5598 or visit www.onelifeinstitute.org.

-###-

OneLife Institute is a 501(c)(3) nonprofit interfaith organization providing resources for the integration of spirituality and social action. Through classes, retreats, publications, counseling and consultation services, OneLife Institute seeks to support and empower individuals and groups in their commitment to personal and social transformation.