

SPIRIT, SOUND & SILENCE

A DAY-LONG RETREAT WITH ONELIFE INSTITUTE



**Gather for a day of spiritual renewal, inspiration and healing
surrounded by the beauty of nature...**

- Replenish your soul in the gentle power of intentional silence
- Open to inner wisdom through a guided visioning process
- Walk the meditation labyrinth
- Share in sacred community
- Savor the healing properties of sound and music

~ We hope you will join us ~

Date: Saturday, January 30, 2010 ~ 10 AM - 4 PM (9:30 AM arrival & registration)

Facilitated by: Rev. Liza J. Rankow and the OneLife team

With musical inspiration: Destiny Muhammad, "Harpist from the Hood"

Retreat location: Holy Redeemer Center, 8945 Golf Links Rd., Oakland, CA 94605

Tuition: Sliding scale \$35 – 100 (more if you can / less if you can't ~ no one turned away for lack of funds) *Advance registration requested for planning purposes.*

Please bring: your journal, a potluck item for our shared lunch, and anything you need to be comfortable for the day...

6114 LaSalle Ave. #759, Oakland, CA 94611 • 510.595.5598 • www.onelifeinstitute.org

Save the date for our next retreat: April 24, 2010