

# 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, August 7, 2010 ~ 10AM - 4PM (9:30AM arrival & registration)

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

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

**Retreat location:** United Lutheran Church, 8800 Fontaine St., Oakland 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 •

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