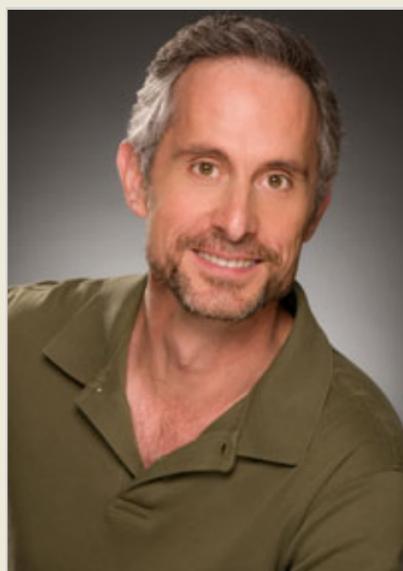


welcoming the body  
opening the heart  
stilling the mind

## **Sacred Pathways into Centering Prayer** **...incarnating breath, gesture and chant**

7-Day Intensive Retreat led by Jim Reale :

**Rescheduled to April 2-8, 2018**



This retreat is a holistic multi-dimensional approach to Centering Prayer. It draws as its inspiration the words from scripture, "Love God with all your heart, with all your soul, with your mind, and all your strength." It introduces the wisdom of safe and simple body movement, breath, Christian Chant and gesture as a way to create receptivity in the body, breath, mind and heart. These contemplative tools are used as vestibules to prepare you for the practice of Centering Prayer. They are systematically taught to deepen your retreat experience and, with supportive handouts, enable you to practice them on your return home.

This intensive retreat was introduced as a Contemplative Outreach pilot program in Santa Fe 2003 and has been very well received by those with long-term Centering Prayer practices at Contemplative Outreach retreats in Oregon, Washington, New Mexico, and the Contemplative Outreach International Conference 2005. [Read About Jim Reale](#)

### **Retreat Information**

The retreat begins 2 April--Check-in 4-6 pm, dinner at 6 pm-- and ends 8 April, following breakfast at 9 am.

### **Location**

Oblate Renewal Center, 5700 Blanco Road, San Antonio, TX [Link to Google Map](#)  
(located 10-15 minutes from the San Antonio airport)

### **Registration**

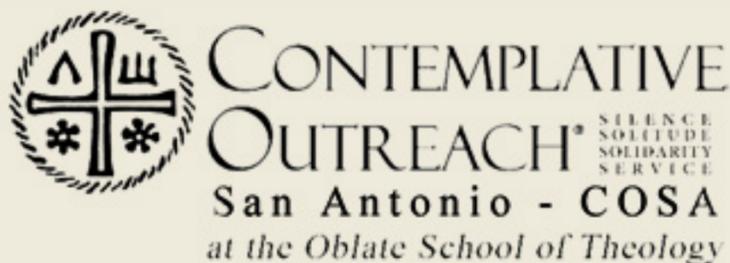
Registration online begins 15 January 2018. Discount for early registration by 2 March. Please register by 27 March 2018.

### **Cost**

Double occupancy \$675/person (\$625/person by 2 March)

Single occupancy \$875/person ( \$825/person by 2 March)

### **Hosted by**



Contemplative Outreach-San Antonio COSA  
Timothy Koock, 830-007-9554

Contemplative Outreach New Mexico  
Susan Rush, 505-930-1777

### **Testimonials**

"Jim Reale has the unique power of invocation. When chanting, he brings forth the spirit, the prayer and power of God through his fine voice. Rejoice and listen!"

Don Campbell, The best-selling author of *The Mozart Effect*.

"Jim Reale was an extraordinarily talented teacher. Throughout the week, Jim taught us a series of gentle moves, slow deep breathing and his original chants. We entered our prayer periods with a calmed mind and tension free body. He so gently

transitioned us from sacred chanting, gentle movements to our prayer time that he made it all holy. It was felt that our whole beings showed up for Centering Prayer.”

Rita Weick, Coordinator, Contemplative Outreach of Oregon

“Jim Reale's chants, are the aid and practice that we teachers of contemplative prayer need! For some wonderful reason, it often takes sound to lead us to the 'soundless.'”

Fr. Richard Rohr. O.F.M., Center for Action and Contemplation

“A pilot project of Contemplative Outreach, 'Praying from The Heart, Praying with the Body' was offered in New Mexico. It was intensive Centering Prayer Retreat. This excellent experience provided intentional prayerful movements and breath, which facilitated the purification process in a gentle consistent manner. These practices provided an opportunity for us to become alert and receptive during the Centering Prayer periods.”

Gail Fitzpatrick-Hopler, President, Contemplative Outreach Ltd.