

# The Journey Within Retreat

## The Mission

The Journey Within Retreat is for those who are seeking an intimate and clear connection with the Holy Spirit. Our goal is to create an environment that is quiet, meditative, and relaxing enough to open up inner channels where God can illuminate the next steps in your faith journey. Hopefully you are on a path of growth in your life. Growth is synonymous with change and change can mean making big decisions. This retreat can help create space for God to answer big questions and guide you in the decisions you are making. This retreat will shift your focus towards surrendering whatever you need to let go of in your life to be able to experience all of the blessings God has in store for you.

- This retreat is for people who trust, or who are starting to trust, Jesus and the Holy Spirit.
- You will be asked to take a vow of silence during this retreat for 24 hours.
- You will not be able to use phones or any technology during the silent time of this retreat.
- You are not required to attend the activities on the schedule but they are highly encouraged.
- You will receive a guidebook that documents the lecture, meditations, and notes.
- You cannot create your own retreat and host it at the farmhouse.
- We welcome all denominations of faith.
- The focus is connecting with Jesus and the Holy Spirit, not on specific Biblical lessons.
- The meditations during this retreat will be inspired by Bible verses.
- The yoga offered will be for all levels and focused on relaxation.
- If no one in your group would like to do yoga we can remove this offering from the schedule.
- All the meals that will be served do not include meat but the meals will NOT be vegan.
- We will ensure that any dietary needs are met within your group.
- We encourage you to stay for both nights at the farm to get the full experience.
- We hope you will come with a beginner's mind, an open heart, and your burdens.

### DAY ONE

**3 PM - 5:30 PM Room Assignment & Journaling**  
**6 PM Dinner & Discussion**  
**7 PM Silence All Phones & Technology**  
**8 PM Guided Meditation, Prayer, & Vow of Silence**

### DAY THREE

**9 AM Breakfast & Checkout**

### DAY TWO

**10 AM Lecture: Mixing Meditation, Prayer, & Breath**  
**12 PM Slow Flow Yoga (all levels)**  
**1 PM Guided Meditation & Prayer**  
**6 PM Guided Meditation, Prayer, & End Vow of Silence**  
**7 PM Dinner & Discussion**  
**9 PM Movie**

