



# Opening To Grace

## 2023 Retreats

Hybrid In Person and Online

February 24 - 25 \* May 19 - 20

September 15-16 \* October 27 - 28

These retreats feature Gestalt Pastoral Care, a model of healing ministry that integrates our spiritual practices of prayer and awareness of our body. Involving the body with gentle yoga assists in that awareness as we explore our inner being and the present moment impact on our work, relationships and spiritual growth toward wholeness and health.

Gestalt Pastoral Care rests on the belief that God's healing Grace is available to us, and that God desires to heal holistically—body, mind, spirit, emotions and social context—in a way that is unique to each person. Opening to Grace retreats are inclusive and open to all regardless of religious belief, ethnicity or gender.

Presented by: Deaconess Susan Silhan  
Gestalt Pastoral Care Minister,  
Certified Yoga Instructor



This retreat will be a hybrid of in-person and online participation. Several guest rooms are available for In-person attendees once filled others will need to secure their own lodging. Contact [susan.silhan@gestaltpastoralcare.org](mailto:susan.silhan@gestaltpastoralcare.org) for information and room reservations. Online participants will need internet access and computer with a camera function.

### Session Schedule & Content

#### Friday

3- 6 PM - Welcome ~ Gentle Yoga Practice ~  
Introduction to GPC work  
6-7 PM ~ Dinner  
7-9 PM ~ Gestalt Session ~ Restorative Yoga

#### Saturday

9-12 PM ~ Meditation Practice ~ Gestalt Sessions  
12-1 PM ~ Lunch  
1-5 PM ~ Gestalt Sessions, Closing Spirit Yoga

Registration is limited to 6 Participants and 3  
Intercessor Observers

Fee of \$150 In-person Participant: \$100 Intercessor  
Observer or online participant: \$75 Online Intercessor  
Observer with financial assistance available if needed.

Register by clicking below.

<http://gestaltpastoralcare.org>