



# OPENING TO GRACE

## Spring Retreat 2022

May 13 - 14

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 faith tradition, ethnicity or gender.

Retreat Fee \$100 Full Participant \$75 Intercessor/Observer

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Presented by: Susan Silhan

Gestalt Pastoral Care Minister,  
Certified Yoga Instructor



Sessions are offered through the Ministry of Healing and Wholeness at Selah Yoga located in Burdett, NY. Participants are responsible for their own lodging. There is space available first come first served on site. Please contact Sue at [healing.wholenessministry@gmail.com](mailto:healing.wholenessministry@gmail.com) or call (607) 703-0010 to reserve a space for an additional fee of \$100 per night. Retreat registration online below.

### Retreat Schedule

Friday, May 13

3 pm - Welcome and Centering Practice  
4:30 Gestalt Work  
6:00 Dinner  
7:30 Gestalt Work  
8:30 Yoga for Sleep

Saturday, May 14

8:00 am Breakfast  
9:00 Gentle Yoga for Awareness  
10:00 Gestalt Work  
12:00 Lunch followed by free time  
2:00 Gestalt Work  
4:00 Gestalt Work  
5:30 Closing

Overnight guests may stay for dinner and Sunday to explore the area on their own.

<http://gestaltpastoralcare.org/>