



Opening To Grace

Refresh Your Soul

June 22, 2024 ~ 9 AM - 5 PM
Selah Yoga Studio, Burdett, NY

Every now and then, we need a day to rest our souls in the quiet and listen for the inner nudges of growth waiting to happen. What might be holding us back in our journey?

Come to practice Gentle Yoga, Centering Prayer and GPC guiding to refresh not only your soul but your whole being with a new awareness!

This retreat is open to 3 seeker/workers and 1 Intercessor/Observer

Presented by: Deaconess Susan Silhan



**Gestalt Pastoral Care Minister,
Certified Yoga Instructor**

Session Registration **Fees**

\$50 Full Participant - (3) who each receive an hour of GPC work with Sue

\$40 Intercessor observer - (1) Observes and prays for the process.

Contact susan.silhan@gestaltpastoralcare.org for questions
. Registration for the retreat is online clicking the link below.

[Registration Link](#)

