

# ***The Institute for Peace and Joy***

## ***A Peaceful Pause: One-Day Retreat***

Date/Time: Saturday, November 15<sup>th</sup>, 2008 9:00am – 3:30pm  
Place: Mount Olivet Retreat Center  
Cost: \$135 (includes lunch)

As we move into the busy holiday season ahead, we need to spend time basking in the light that shines from God into our hearts, filling us with grace and love. The demands of life and the pace that is required in daily schedules can cause us to lose ourselves in the rush to get things done and meet the needs of those who depend on us. We need time to pause, breathe and open ourselves to experiences that nourish and replenish our being.

This one-day retreat is designed to provide your life with grace-filled moments to quiet the mind, restore the body, and enrich the spirit. We invite you to join us for this special one-day pause from the busyness of daily life.

Please bring a blanket and small pillow.

Presenters:

Paula Becker is a Director of the Institute for Peace and Joy and a Licensed Psychologist. She has many years of experience leading workshops, retreats and events that support wholeness and well-being.

Sandy Thibault is a Director of the Institute for Peace and Joy and is a Certified Therapeutic Life Coach. She is a speaker, writer and facilitator of workshops and retreats that focus on imagining possibility for our lives and the integration of mind, body, and spirit.

Directions to Mt. Olivet can be found on their website at [www.mtolivetretreat.org](http://www.mtolivetretreat.org)

**REGISTRATION DEADLINE: November 11, 2008 Early registration is encouraged.**

**Please complete the lower half of this sheet and return to the address below.  
Registration can be completed by phone (952-898-6200) if you are paying by credit card.**

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**SEND REGISTRATION TO:**

**Institute for Peace and Joy, 17305 Cedar Ave, Suite 230, Lakeville, MN 55044  
952-898-6200**

Name: \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

Check here to receive a vegetarian meal.

I am paying in cash or check (\$135.00) Make Checks Payable to Burnsville Counseling and Healing Center

Visa MC Am.Ex Discover \$135.00(circle one)Card# \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Check here to receive e-mail information and personal growth helps.