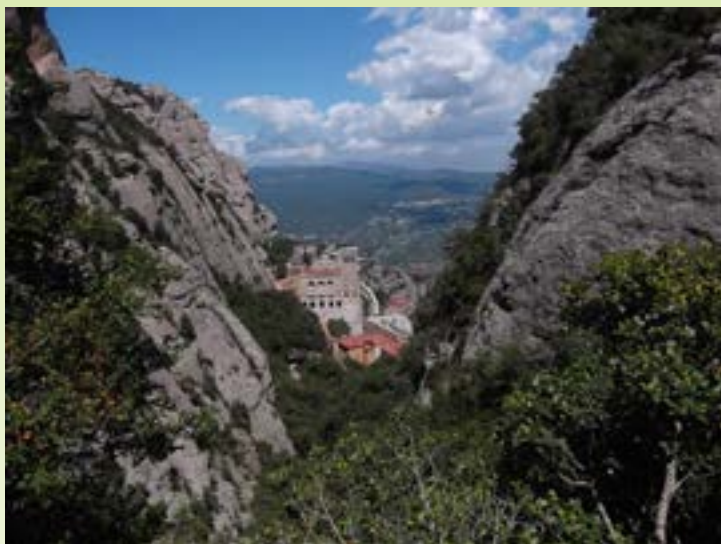


A Week with the Spiritual Exercises of Ignatius Loyola

June 8-15, 2019



Enter into the core of Ignatius Loyola's Spiritual Exercises by engaging the First Week of them in places of significant impact to him. Jump-start the life you haven't had time or space to imagine as you spend reflective time in Montserrat, Spain. Surrounded by Montserrat Natural Park, one of the most beautiful in the region of Catalonia, participants will have plenty of time to engage the spiritual practices that ground the Exercises in a natural context with time for journaling, conversation, walking, with daily facilitation by Gillian Ahlgren, author of *Spiritual Exercises for the 21st Century* and *Transforming Habits: An Introduction to Ignatius Loyola's Spiritual Exercises*.

Ground expenses of \$1800 include:

- 6 nights' hotel accommodation
- Breakfast and dinner daily
- Daily programming with reflective prompts
- Guided excursion to Manresa
- Spiritual Direction available upon request

For more information, please visit
www.mysticallife.org
or call (513) 633-1842

