

# Nature Journaling Retreat



*Putting your Spirituality  
to Paper*

**July 13-15 2012**



**IGNATIUS JESUIT CENTRE**

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Guelph, ON N1H 6J2

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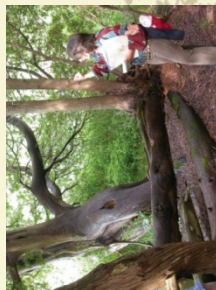
Fx 519-767-0994

[www.ignatiusguelph.ca](http://www.ignatiusguelph.ca)

[www.loyolahouse.com](http://www.loyolahouse.com)

This retreat begins promptly at 8:00 p.m. on the first day and ends with lunch on the last day. Please arrive in plenty of time to relax and settle in.

Payment can be made by cash, cheque, money order, MasterCard, Visa or bank draft in Canadian funds payable to Loyola House. If we receive payment in US currency either by cash or cheque there will be a 10% surcharge added to your retreat to cover our conversion costs.



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\$260 Cdn.

*Keeping a nature journal is a wonderful way for writers, novice or experienced, to become spiritually centered.*

Our facilitator, Marianne Karsh, will teach you various techniques of journaling, though what you choose to put in your journal is up to you. Nature journals run the gamut from field notes, which limit themselves to objective descriptions of what the writer has observed, to fully developed poems, stories, or essays in which the landscape is a major character. You may even decide to draw or paint in your journal. Inspiration will come from nature walks and guided outdoor meditations in this unique and inspiring landscape, as well as from sharing insights with other retreatants. Optional yoga sessions, specifically designed for writers, will also be available daily to stimulate the creative flow.

The Nature Journaling Retreat will draw upon your spirit and soul, as the Ignatius Jesuit Centre environs and atmosphere inspire you to write and contemplate like never before.

#### Recommended Resources:

*Writing Down the Bones: Freeing the Writer Within* and *Wild Mind: Living the Writer's Life* by Natalie Goldberg

*The Journey for the Centre to the Page: Yoga Philosophies and Practices as Muse for Authentic Writing* by Jeffrey Davis

*Simply SoulStirring: Writing as a Meditative Practice* by Francis Dorff, O. Pream.



#### About the Facilitator

Marianne Karsh, B.Sc.F., M.Sc.F., as Ecology Retreat Director for the Ignatius Jesuit Centre delivers on-site programs in ecology and spirituality and gives retreats throughout Canada and internationally. She is also a senior scientist for Environment Canada specializing in biodiversity and climate change.



With many years of study in science and theology, Marianne brings a wealth of experience to retreat work, group facilitation, writing and speaking. She is especially gifted in leading people through spiritual practices that will help them foster a deeper connection to God through experiencing the beauty of creation.

Marianne first came to value journaling through taking a course in the Progoff Intensive Journal Process in Newfoundland. Since then, she has discovered that being in nature and leading retreatants through outdoor experiential processes generated poems, stories, and art in herself and others, including some people who had not written in more than 20 years.

To apply for this program, please send a \$50 Canadian non-refundable deposit *along* with a completed online *or* downloadable/printable mail-in application form found on our website: [www.loyolahouse.com](http://www.loyolahouse.com) under Application.