

To Register

- Select program(s) you wish to attend
- Register with \$250 deposit per program; Visa/MC OK
- Full Tuition: \$995 plus lodging & meals
- Some scholarship reductions possible
- Double occupancy & meals; appx \$400 6 days/6 nights
- Private room & meals; appx \$450 (as available)
- Lodging & meals paid on site in Euros
- Air/ground transportation not included.
- Retreat begins with dinner on start date
- Retreat ends with lunch on end date
- Tuition balance due 3 months prior to start date
- Deposit fully refundable earlier than three months prior
- Deposit 50% refundable earlier than two months prior
- Deposit nonrefundable two months prior
- Balance nonrefundable (but transferable) one month prior
- Cancellation within one month prior, without a substitute registrant, requires room charge.
- Visit innerharmony.com for updates or registration variations

Register online at www.innerharmony.com
or mail deposit (or full tuition) by check to:

Inner Harmony

3P Monroe Parkway #231, Lake Oswego, OR 97035

In USA: (415) 884-4483 In Europe: (0041) 44-381-6823
or email your interest to info@innerharmony.com

*For the Art of Presence Healthcare Retreat,
register at www.gwish.org
or contact Janet Bull at hcsjlb@gwumc.edu.*

www.innerharmony.com

2010 IN ASSISI

MICHAEL STILLWATER
& DORIS LAESSER STILLWATER

PLUS FEATURED CO-PRESENTERS:

August 23-29

CHRISTINA PUCHALSKI
EDWARD O'DONNELL

September 28-October 4

WOLFGANG BOSSINGER
KATHARINA NEUBRONNER

October 5-11

BARRY & JOYCE VISELL

*Lord, make me
an instrument
of Your Peace*

-St. Francis

INNER HARMONY RETREATS

Invitation

We invite you to join us for a week in Assisi, Italy, home of St. Francis and universally celebrated as the City of Peace. A place of sacred remembering for people of all faiths and traditions, Assisi provides a welcoming sanctuary for reflection and self-inquiry.

While residing with us in a Franciscan convent, enjoy the beauty of the Umbrian countryside and sites of Assisi. Learn contemplative practices, meet kindred spirits, then re-enter your world with renewed appreciation and dedication.



Program

Each program offers a balance of both inner and outer experiences. A typical retreat day includes contemplation and meditation, group activities including skill building, creative exploration and singing, along with time for reflection and relaxation. Included throughout the week are visits to key sites from the lives of Francis and Clare.

Residence

Retreats are held in a convent overlooking the Basilica di Francesco and the hills of Perugia. Room accommodations are comfortable, each with their own bathroom. Private rooms upon request (as available). Delicious Italian food is lovingly prepared by the Sisters, who share their private meditation garden with us as well.

Facilitation

Michael and Doris Laesser Stillwater met in Assisi in 1989 and have been returning ever since, sharing its spiritual peace and transformative power with people from around the world. Their union of healing music, spiritual psychology, and love for Assisi helps participants encounter a deep, enriching and memorable experience. In the Summer and Fall of 2010, together with esteemed colleagues in the fields of healthcare, music and relationships, they will co-facilitate extraordinary opportunities to meet oneself in new ways.

Aug. 23-29



Art of Presence Healthcare Retreat

5th Annual, Co-led with

Christina Puchalski & Edward O'Donnell

Renew your caring work by caring for yourself, integrating your spirituality into your practice. Continuing Education credits possible for doctors and nurses. This retreat is co-sponsored by George Washington Institute for Spirituality and Health and Companion Arts.

Christina Puchalski, MD, MS is the Executive Director of the *George Washington Institute for Spirituality and Health*, Washington, DC, and a Professor of Medicine and Health Sciences at The George Washington University School of Medicine, where she has pioneered educational and clinical strategies to address the spiritual concerns common in patients facing illness. Edward O'Donnell is editor of *Spiritual Life Journal* and a spiritual director.

Sept. 28-Oct. 4



The Healing Power of Song

Co-led with Wolfgang Bossinger
and Katharina Neubronner

Explore your voice, sharing sacred and healing songs while experiencing a deeper awareness of self and others. Open to all, this program also serves as training for using song in healing; co-sponsored by Song Without Borders and Singing Hospitals.

Wolfgang Bossinger, Music Therapist, Psychotherapist (HPG), singing researcher, author of several books, films and CDs on singing. Director of *Singing Hospitals* international network, board member of the *German Foundation for Singing* and *Il Canto Del Mondo* international network. Katharina Neubronner is a singer, recording artist and classical music educator.

October 5-11



**All My Relations:
Shared Heart/ReConnection Retreat**

Co-led with Barry & Joyce Vissell

Beginning with our connection with Self and Source and extending to everyone in our lives, this retreat explores relationship while contemplating the lives of Francis and Clare. All My Relations is an opportunity for growth whether attending as a single or couple.

Joyce and Barry Vissell are a nurse and medical doctor whose model of relationship and heart-oriented approach have made a unique impact upon thousands of people's lives. As a result of world-wide interest in their books, *The Shared Heart*, *Models of Love*, *Risk To Be Healed*, *The Heart's Wisdom*, and *Meant To Be*, they conduct talks and workshops on relationship, parenting and personal growth. They are the founders and directors of the Shared Heart Foundation, a non-profit organization dedicated to changing the world one heart at a time.

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