

# 30 Day Retreat

Spiritual Exercises of St. Ignatius of Loyola

## The West Virginia Institute for Spirituality

**WVIS offers the Spiritual Exercises of St. Ignatius of Loyola in a 30 day format during the Almost Heaven Summer Retreats (May 27-July 11, 2021). Silence, prayer, liturgy, contemplative prayer, and individual spiritual direction sessions are central components of this retreat offering.**

### **Spiritual Growth:**

A certified spiritual director will assist the participant in arranging a daily and weekly schedule that meets the stated components of your 30 Day Retreat.

### **Opportunities for Personal Prayer:**

- Daily personal prayer practices
- Daily individual spiritual direction

### **Other:**

- Meals and Linens: All are provided. (Participants are asked to inform the staff of food allergies.)
- Massage: A certified healing touch massage therapist is available to participants who wish. Cost per session: \$60 USD.
- Art: Supplies will be available for those who have an artistic ability or those who just like to experiment with watercolor,

acrylic paints, colored pencils, clay molding, cutting and pasting, drawing, etc.

- Wi-Fi Access: available
- Outdoor Prayer Spaces: The beautiful property surrounding WVIS is very conducive to private prayer. There is also a beautiful “Hand Labyrinth” in the garden.
- WVIS is a drug, alcohol, and smoke free environment.

## Personal Expenses:

The fee for the 30 Day Retreat is \$2,550.00 (shared bath) or \$3,900.00 (private suite) with a non-refundable \$300 deposit. This includes the program fee and basic living expenses. Not included in the fee are personal expenses such as medication, food or snacks not provided by WVIS, laundry, postage, personal phone calls, and transportation.

## Registration

All silent directed retreats and 30 day retreats may be scheduled anytime throughout the year.

**WVIS 30 Day Retreat Application Forms are available  
to download and print at:**

<http://wvis.org/programs/>

Application form:

<http://wvis.org/wp-content/uploads/2013/08/30-Day-Retreat-Application-1.pdf>

Recommendation form from person who knows you well  
and your spiritual director:

[30 Day Recommendation Forms CURRENT](#)

**Completed Application Form with deposit must be submitted  
to Sr. Carole Riley, CDP, Ph.D., WVIS Executive Director by  
May 1.**



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