



The Retreat in Everyday Life

Certificate Provided

This experience requires a weekly meeting with a certified WVIS spiritual director who will facilitate the participant in moving through the dynamics of the Spiritual Exercises of St. Ignatius of Loyola in the 19th annotation form, that is while in daily life.

Prerequisites:

- *Acceptance by a spiritual director and preliminary meetings*
- *Letter of support from your faith tradition*
- *Assessment Interview*
- *Purchase of materials*
- *Ability to commit 90 minutes of personal reflection and practice daily*
- *Freedom to meet weekly with a certified spiritual director*

Goal:

To provide participants with a personal approach and experience of conscious contact with the God of their understanding through the Ignatian Spiritual Exercises.

Outcomes:

1. Participants will understand the process of spiritual growth from the Ignatian perspective
2. Participants will explore and reimagine the Examen of consciousness
3. Participants will define and practice meditative writing, Ignatian Contemplation, Application of the senses in its three-fold articulation, journaling for self-direction, triple colloquy, lectio divina, and five pivotal meditations of the Spiritual Exercises
4. Participants will define, experience, and practice daily discernment
5. Participants will develop self-disclosure skills and nonviolent communication skills
6. Participants will practice mindfulness skills

Suggested Donation: WVIS \$2100.00 For more information contact:

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