

# Centering Prayer Retreat

## December 17-19, 2010

**St. Anthony's Retreat Center, Three Rivers, California**



Centering Prayer is a precious and practical prayer method for calming the body and mind and healing emotional wounds while nurturing a relationship of intimacy with God. Whether your interest is relief from the stress of daily life, deepening an ongoing spiritual quest or practice, or you're simply curious about meditation, please join us on this weekend retreat in which we will deepen in our practice of Centering Prayer. Retreat begins on Fri. Dec. 17th at 6 p.m. and ends on Sun, Dec. 19th at 1 p.m. after lunch.

### **Contemplative Outreach Trained & Commissioned Centering Prayer Presenters:**

**Juan C. Garcia, Ph.D., LMFT**, has been practicing as a Marriage and Family Therapist for the past 28 years, and has been Professor of Counselor Education for 23 years at the Kremen School of Education and Human Development at California State University, Fresno. He presents on the healing aspects of Centering Prayer.

**Everardo Pedraza, M.A.**, is Co-Coordinator of Contemplative Outreach of Central California and has been teaching Centering Prayer in parishes, parks and prisons for the past 12 years. He earned his master's degree in theology from the Graduate Theological Union in Berkeley where he focused on Christian mystical and contemplative spirituality.

*Space is limited to 25 participants. Please register now to reserve your space and save \$25. \$190 for Shared Room; \$230 for Single Room by Nov 15th. (\$220 for Shared Room; \$260 for Single Room after Nov 15th.); includes 2 nights lodging and 6 meals. BBC CEU's available to MFT's and LCSW's for \$25. For registration or information, please call Everardo at 559-230-9736 and/or email: [centeringprayerretreat@yahoo.com](mailto:centeringprayerretreat@yahoo.com). Please make check payable to "Peace Meditation" and mail to Centering Prayer Retreat, 2243 S. Bundy Drive, Fresno, CA 93727. Thank you.*