

Join us in the Winter Garden of Beauty & Wisdom at S'eclairer

341 Story Road, Export, PA 15632

## A Retreat Among Friends

### The Beauty of Silence: A Winter Glow

External silence leads to interior silence and interior silence  
into the letting go of interior dialogue. (Thomas Keating)

During this winter retreat, you will be invited to consent to silence and celebrate it's beauty by moving away from your everyday self-awareness and moving toward your innate capacity to letting go of it. Within this beauty, your will experience a winter wellness ritual that will create a transforming winter glow within you. This winter glow will flow deeply in your body, mind, and spirit forming an inner sanctuary of fullness called peace and beauty. This winter glow of fullness will gently expand your consciousness so you can use your innate potential for goodness sake.

Date: Saturday, February 4, 2012  
Registration: 9:00am to 9:30am  
Retreat: 9:30am to 3:30pm  
Cost of Retreat: \$50.00  
includes food & experience

Faculty: Safdar Chaudhary, M.D.  
Zahida Chaudhary, M.D.  
Athanasius Cherry, O.S.B.; CRNP  
Julie Margo, Reiki Master; Artist  
Donald Valentine, D.C.; MSW

### A Winter Wellness Ritual in the Beauty of Silence

Music heard so deeply  
That it is not heard at all, but you are the music  
While the music lasts  
(T.S. Eliot)

- Savoring the World of Senses
- Listening, Watching, and Learning from Yourself
- Opening to the Mythic Journey
- Deepening into the Beauty of Silence

Come and Enjoy!  
Wear Comfortable Clothes  
For information call 412.372.1465

Registration Form

### The Beauty of Silence: A Winter Glow

Saturday, February 4, 2012

Make check of \$50.00 payable to R. Valentine, Registrar, 1212 Harvest Drive, Monroeville, PA 15146  
Telephone: 412-372-1465

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_