



Michael Stillwater Award-winning Music Artist, Filmmaker and Educator



Doris Laesser Stillwater Contemplative Psychotherapist

September 12-18, 2013

with

Michael & Doris Laesser Stillwater

- Reconnect to the 'Great Song' through your own creativity
- Sing chants and songs for healing and transformation
- Create your own story/song, the medicine music of your soul
- Transform beliefs about yourself
- Connect with fellow travellers on the journey
- Practice mantras and core sound vibrations
- Feel the spiritual power of Assisi
- Live a week in a monastery, enjoy Italian culture and cuisine
- Be an instrument of peace in the birthplace of Francis and Clare

(more information on back)

Program

Our retreats offer 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.

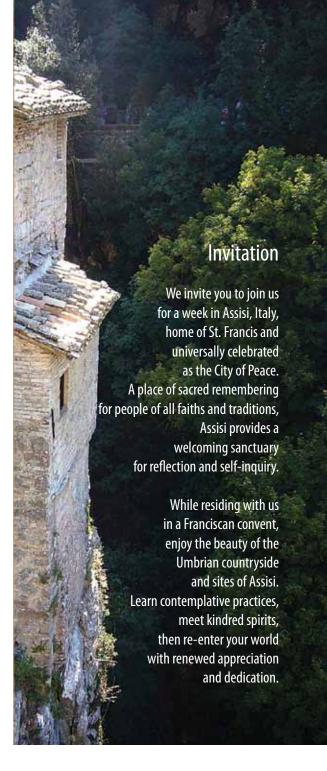
Facilitation

Michael Stillwater is a songwriter, educator and filmmaker whose gift for creating sanctuaries of song has inspired many to reconnect to the joy of singing, and using music as a path of the heart.

Doris Laesser Stillwater draws from 35 years of spiritual training, retreat leadership, and practice as a transpersonal psychologist, supporting people in transition using an authentic, intuitive and energetic approach.

Registration

- 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 Sept. 12th
- Retreat ends before lunch on Sept. 18th
- Tuition balance due August 12th, 2013
- Deposit fully refundable earlier than June 12th
- Deposit 50% refundable earlier than July 12th
- Deposit nonrefundable after July 12th
- Balance nonrefundable (but transferable) after August 12th
- Cancellation after August 12th, without a replacement 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

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

In USA: (503) 746-8687 In Europe: (0041) 44 381 6823 or email your interest to info@innerharmony.com