

# SONG SANCTUARY

## *Recovering Your Inner Song*

*Assisi, Italy*

September 12-18, 2013

with

**Michael & Doris Laesser Stillwater**



Michael Stillwater  
*Award-winning Music Artist,  
Filmmaker and Educator*



Doris Laesser Stillwater  
*Contemplative Psychotherapist*

- *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)*

www.innerharmony.com

**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](http://innerharmony.com) for updates or registration variations



## Invitation

We invite you to join us for a week in Assisi, Italy, home of St. Francis and universally celebrated as the City of Peace. A place of sacred remembering for people of all faiths and traditions, Assisi provides a welcoming sanctuary for reflection and self-inquiry.

While residing with us in a Franciscan convent, enjoy the beauty of the Umbrian countryside and sites of Assisi. Learn contemplative practices, meet kindred spirits, then re-enter your world with renewed appreciation and dedication.

Register online at  
[www.innerharmony.com](http://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](mailto:info@innerharmony.com)