

SONG SANCTUARY

SIX-DAY RETREATS

Recovering Your Inner Song in Assisi, Italy



Mid-Summer: July 27-August 2

Late-Summer: August 27-September 2

Autumn: September 26-October 2

with

Michael & Doris Laesser Stillwater

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

(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 private bathroom. Private rooms upon request (as available). Delicious Italian food is lovingly prepared by the Sisters, who share their private meditation garden with us.

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.



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



Doris Laesser Stillwater, Dipl. Psych FH, 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.

- Select which retreat you wish to attend
- Register with \$250 (200 euro) deposit; Visa/MC OK
- Program Tuition: \$995 (910 euro) plus lodging & meals
- Some scholarship reductions possible
- Double occupancy & meals; 360 euro 6 days/6 nights
- Private room & meals; 390 euro (as available)
- Lodging & meals paid on site in Euros
- Air/ground transportation not included.
- Retreat begins with dinner on first day
- Retreat ends before lunch on last day
- Tuition balance due two months before
- Deposit fully refundable earlier than three months before
- Deposit 50% refundable earlier than two months before
- Deposit nonrefundable one month before
- Balance nonrefundable (but transferable) one month before
- Cancellation one month before or later, without a replacement registrant, requires room charge.
- Visit innerharmony.com for updates or registration variations

Registration

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