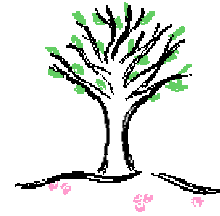


Spring: A Season of Rebirthing

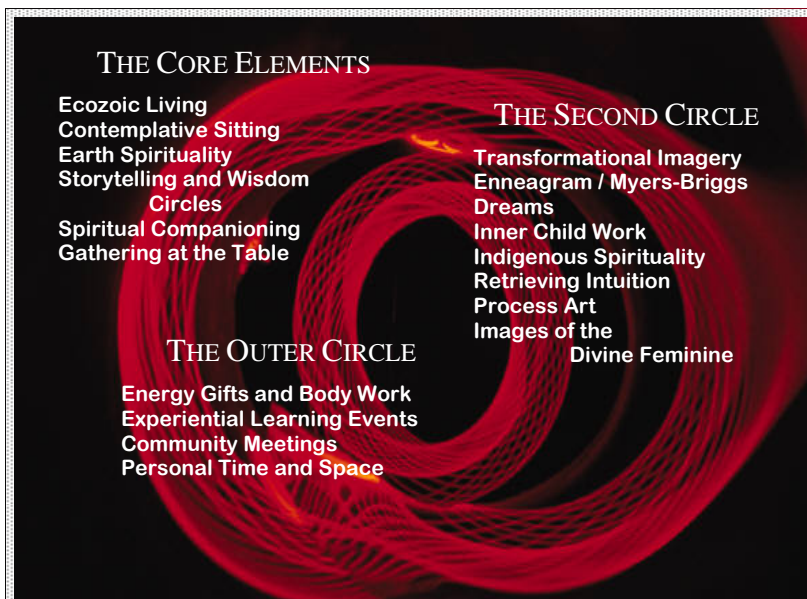


A Two-Month Renewal Session
(March 2 – April 30, 2008)

While spring is a time of intense growth, it is also a time to renew, clean, and empty out the clutter. In the spaciousness and openness, inner freedom is discovered - confidence returns and creative endeavors begin to emerge. Like the songbirds chirping as they return from the south, the heart begins to sing again!

Let Spring bless you with a new and invigorating sense of purpose and direction. Listen to the stirring of life within after the long winter sojourn. Let the Divine Gardener companion your soul into a new growth and renewal.

The Rockhaven Ecozoic Spring renewal program has three elements designed to encourage and celebrate the emerging inner self. Though the program has many elements, the pace is leisurely. All workshops are scheduled during the week with week-ends free. Most days have a period of free time for leisure, reflecting, reading, resting and just letting "be." Physical well-being is fostered through various types of energy work, massage and nutrition. Emotional balance and healing is assisted through individual spiritual companioning. Sharing one another's journey in the different workshops, sharing circles, meals and rituals engenders respect and closeness. Ecozoic community living is the context of the program. The periodic community sessions assists the process of growth, practice of giving and receiving feedback, cultivating interiority, and celebrating diversity.



The Program Components

Located in the quiet, rural foothills of the Ozarks, Rockhaven invites you to relax, refresh and renew your inner self. There are opportunities for experiencing the natural beauty of the Ozark region.

Cost: \$4100
plus \$50 non-refundable
application fee.

Fees include cost of workshops, housing, all meals during the duration of the program, weekly spiritual companioning, massage (every other week), and any program-sponsored field trips.



Contact: Jan Stocking, RSM at
jan@rockhavencenter.org
or call 636-375-3159 for
information and application.



7621 Rivermont Trail, House Springs, MO 63051

Nourishing the human spirit for the Great Work!