

7621 Riverview Trail
House Springs, MO 63051
www.RockhavenCenter.org



Questing Your Spiritual Nature

**A 30 Day
Renewal Program**

**Nourishing the human spirit for the
Great Work.**



Questing Your Spiritual Nature 30-Day Renewal for Women

**A Moon Cycle of time for you to
quest the deep spiritual,
instinctual life
within yourself.**

*30 days from demands and pressures
of your everyday life. A Moon Cycle of
time for you to turn inward and dis-
cover the deep spiritual and instinc-
tual life within yourself. This 30 day
program fulfills your longing for a
safe, sacred gathering place where
your true self can emerge. The sched-
ule integrates input, enhanced experi-
ences, reflective time, opportunities
for woman-to-woman exchange and
leisurely moments in the midst of
Earth's nurturing beauty.*

**Ecozoic (def): 1. An emerging hopeful age of Earth following the Cenozoic Era in which the human has awakened to its comprehensive influence on the community of life. 2. An age in which Earth is seen as a sacred endowment by the humans, able to live in right and just relationship with each other and with the entire community of life. 3. An age in which Earth survives and thrives in its integral functioning due to the re-emergence of the human as indigenous.*

Join a circle of women to provide a
context for emergence in a
way that a woman alone, or even in a one-
to-one relationship cannot experience.

Fulfill the longing for a sacred
gathering place where your
true self can emerge in honored ways.

Experience care and fo-
cused atten-
tion on all aspects of well being in an eco-
zoic setting. This includes rest, nutrition,
exercise, play, relaxation, and prayer.

Balance time for yourself:
reflective and
stimulating. You can take long walks in the
woods, quiet time in your room, or sun-nap
by the pool. The input sessions encourage
interactive learning and sharing.

Focus on the vast richness
and resources of your
soul. Sacred stories, myths, dreams, and
rituals will feed the hunger for a fuller,
freer, more enthusiastic life of love and

Rockhaven Ecozoic* Center

creates an environment and models
a way of living that embodies our
connection with Earth.
Rockhaven supports and nourishes
the mutual transformation of Earth

The Program

includes these workshops:

ART & SPIRITUALITY

Explore the creative process as a way to self awareness and spiritual integration.

CONTEMPLATIVE SITTING

Instruction and practice of the Zazen form of contemplative prayer.

DREAMS

Focus is on learning to receive and be moved by the inner wisdom of these powerful symbols and night-time drama.

ENNEAGRAM / MYERS-BRIGGS

Both informative and experiential, participants explore the integration of two personality typing systems and how these two aspects of personality affect the total person.



Go deep and find your meadow within.

FIRE CIRCLE

Kindle the spirit within with myths, stories and activities that weave the connection between your story,



Enjoying quiet time on the patio overlooking the Big River.

our story and the Universe Story—our common narrative.

MESSAGE

Respectful body therapy to promote healing and integration of body-mind-spirit.

Movement in the Spirit

Instruction and practice in a gentle and fun way to body mindfulness and physical health.

Sexuality, Intimacy and Friendship

Looks at stages of relationship with emphasis on intimacy needs and behaviors; celebrate the joys of 'real relationships.'

Play

Each day have a period of free time for leisure, reflecting, reading, resting and just letting "be." There are some scheduled activities on week-ends.

SCHEDULE FORMAT

- 8:30 Contemplative Sitting Breakfast
- 9:30 Session
- Noon Lunch / Rest / Recreation
- 2:00 Session
- 6:00 Supper

Usually evenings are unstructured.

Rockhaven

Ecozoic Center is an ecological, holistic and transformative center in the foothills of the Ozark region serving local and international clientele. The Rockhaven Ecozoic Center renewal programs embrace the sacredness of Earth and the philosophy that systemic change begins with individual soul-work. The program is enriched by the following wisdom sources:

- ◆ Feminine Spirituality
- ◆ The great spiritual and mystical faith traditions;
- ◆ The deep wisdom and ritual of indigenous peoples and native cultures;
- ◆ Earth's Creation Story -- humankind's emerging knowledge of an evolving Universe.

FACILITATORS

- Carol Roth
- Rosemary Watts
- Pat Wyman
- Diza Velasco
- Bridget Rolens
- Mary Tobias Hagan



REGISTRATION SLIP

Name

Address

Phone

Email

Requested Sabbatical Year

Signature

Questing Your Spiritual Nature

For more information contact:

- 7621 Rivermont Trail
- House Springs, MO 63051
- www.RockhavenCenter.org
- Phone: (636)375-3159
- Email: jan@rockhavencenter.org

PROGRAM COST

\$2100.00

\$50—Application fee
\$200—pre-payment at the time of confirmation of participation.

Cost covers program, room and board, individual spiritual direction, outings, and massage.