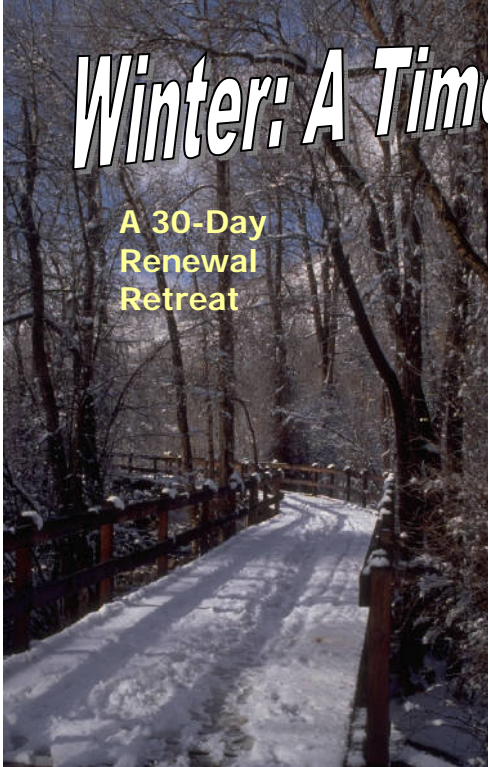


# Winter: A Time of Rest

A 30-Day  
Renewal  
Retreat



*Winter is vital for growth. The human spirit needs dormancy and rest, silence and solitude. Winter provides this opportunity and purpose in life. It is time for withdrawal and restoration of energy. Take time to ponder the deeper questions in silence. Enter willingly into the cave of darkness and sit with the shadow. Look into experiences of emptiness and extend fallow-time when it seems as though nothing at all is happening yet mysterious germination, deep roots, and seeding spores are alive!*



**F**or this personal retreat time, you can take a month to relax, slow down and contemplate the wisdom of winter. Renew your inner self in the silence and darkness. As you ascertain your next steps, hear the silent seeds of confidence awaiting new growth. You can share in the ecozoic life of the Rockhaven Community—contemplative sitting, holistic meals, seasonal celebration and rituals, sharing stories around the fireplace. There are opportunities for experiencing the inherent natural beauty of the Ozark region. You set the pace; what you do with your time is completely up to you... the Rockhaven Ecozoic Team and staff will provide the space and support you need.

**Dates: January 21—February 19, 2008**

Cost: \$1300 plus \$50 nonrefundable application fee.



- Persons seeking spiritual companioning may request a particular director, or, after initial interview and staff consultation, be referred to a director. Cost: \$35 – \$50 per session
- Massage is available upon request. Cost: \$45 – \$75 per session

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



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*Nourishing the human spirit for the Great Work!*