

# Contemplative Outreach of Central MO Presents



## 2017 7 Day Annual Intensive - Post Intensive Retreat

**DATE:** Sunday, October 8, 2017 (*with registration beginning at 4:00 pm*) through Saturday, October 14, 2017 (*departure after Noon meal*).

**LOCATION:** IL Ritiro Retreat Center in Dittmer, MO. ([www.il-ritiro.org](http://www.il-ritiro.org))

**COST:** \$450- all inclusive. A \$50- deposit will secure your reservation. (There is limited space available - private rooms with shared bath - meals, bedding & towels provided.)

**RETREAT DETAILS:** Both tracks of this retreat provide an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support.

**The Intensive Retreat** has up to six thirty-minute Centering Prayer periods daily, along with the viewing of a selection of the [Spiritual Journey Video Series](#) by Fr. Thomas Keating.

**The Post Intensive Retreat** will have up to eight thirty-minute periods of Centering Prayer daily, without any additional activity or input.

Participants in both tracks will have the opportunity for interviews with the retreat staff if they so desire. Previous participation in an *Intensive Retreat* is a prerequisite to attend the *Post-Intensive*.

Daily Eucharist will be available, along with gentle AM & PM Yoga with a very experienced instructor and also, professional massage therapy. All are optional. (*Partial scholarships are available.*)

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**TO REGISTER:** (*Please make checks payable to COCEMO (Contemplative Outreach of Central MO)*)

**Name:**

**Address:**

**Phone:**

**E-Mail:**

To secure a reservation, send this information along with your \$50- deposit to:

COCEMO ([www.cocemo.org](http://www.cocemo.org))

P.O. Box 30673

Columbia MO 65205

(*For more information: Call (573) 864-1097 or E-Mail: [cocemo1@gmail.com](mailto:cocemo1@gmail.com)*)

(*please circle here to indicate if you plan to attend the Intensive or Post Intensive*)