Recognizing and Living Steps Toward Healing and Wholeness

A Collaboration with Jim Finley, PhD and the UW Health Mindfulness Program

Holy Wisdom Monastery, 4200 County Road M, Middleton, WI 53562
Friday, October 24, 2014, arrival 3 pm – Sunday, October 26, 2014, departure 2 pm

Target Audience
This retreat is intended for those interested in healing as a living process of body, mind and spirit.

About the Presenter
Jim Finley, PhD lived as a Trappist monk at the Gethsemani Monastery in Kentucky where the world renowned monk and author Thomas Merton was his spiritual director. Currently, Dr. Finley is a clinical psychologist in private practice in Santa Monica, California.
Retreat Description
This retreat will explore healthy and destructive habits of mind, body and heart. Destructive habits manifest in unskillful and addictive behaviors that perpetuate suffering. Healthy habits lead to freedom from suffering and compassionate living with self and others.

Each step will examine the external and internal dimensions that support self-awareness, compassionate acceptance, skillful actions, empathy and freedom. In this exploration, we will be contemplating and integrating writings of the mystical traditions of the world’s great religions, philosophers, poets, psychologists, artists and all awakened beings who give renewed hope to the world.

Time will be provided for group meditation, personal reflection, silence, and discussion of themes presented.

Topics will include:
- practicing simple methods of meditation that lead to inner peace and fulfillment in the midst of life as it is
- contemplating life as described in the Twelve Steps of AA, the Eightfold Path described in Buddhist practice, and the Rule of St. Benedict
- distinguishing depression from the “dark night of the soul”
- exploring psychological terms such as attention, compassion, anxiety, relaxation, conflict
- exploring “spiritual terms” and forms of non-dual states of consciousness as experiential metaphors of the endless potential of the human person to find abiding peace and fulfillment in the world as it is

Retreat Fee - $325
Includes Friday dinner; Saturday lunch, dinner; Sunday lunch; and a nonrefundable processing fee of $50.

Cancellations on or before Wednesday, October 8, 2014 will be refunded the entire retreat fee less $50. No refunds will be made after October 8, 2014.

Miscellaneous
Please dress in comfortable clothing as there will be opportunities to enjoy the outside environment.

Lodging
Please make your own reservations.
Arrangements have been made with the following hotels to offer a limited number of guest rooms at a reduced rate for Friday, October 24 and Saturday, October 25, 2014. Please make your room arrangements promptly as this is a Badger football game weekend, so rooms will fill. Contact each hotel directly at the telephone numbers listed below. Ask for the “UW Health Retreat” block of rooms.

These hotels will release any remaining rooms in each of these blocks to the general public after Wednesday, September 24, 2014.

- Baymont Inn & Suites Madison West (608) 831-7711 8102 Excelsior Dr, Madison WI 53717 wiscohotels.com
- Country Inn & Suites (608) 831-6970 2212 Deming Way, Middleton WI 53562 countryinns.com/middletonwi
- Fairfield by Marriott Madison West/Middleton (608) 831-1400 8212 Greenway Blvd, Middleton WI 53562 fairfieldmadisonwest.com

Registration
Online at: uwhealth.org/integrativemed
UW Extension will coordinate all registrations.
For registration information, please contact Angela Chopp: angela.chopp@ecc.uwex.edu or (608) 265-9585

Confirmations
All registrations are confirmed via email once registration and fee are received.

Additional Information
~ Retreat information, UW Health Mindfulness Program: uwhealth.org/integrativemed
~ Holy Wisdom Monastery: benedictinewomen.org
~ James Finley, PhD: contemplativeway.org