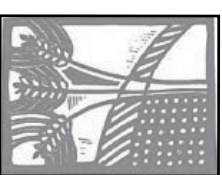


# Journey Toward An Undivided Life

*An Introductory Circle of Trust® Retreat*

with Valerie Brown

**LEAVEN**  
P. O. Box 97  
Lyons, MI 48851  
989/855-2606



## Journey Toward An Undivided Life January 6-8, 2012



You can register  
online with a  
Visa/MC or  
Discover

Checks should be made to Leaven  
and mailed with this form to:  
Leaven, P.O. Box 97, Lyons, MI  
48851

For additional information,  
see the website at  
<http://www.leaven.org>,  
e-mail [leavencenter@leaven.org](mailto:leavencenter@leaven.org),  
or call us at 989/855-2606.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (home) ( ) \_\_\_\_\_ (work/cell) ( ) \_\_\_\_\_  
E-mail: \_\_\_\_\_ Gender \_\_\_\_\_  
Roomate requested: \_\_\_\_\_ Amount of deposit enclosed: \$ \_\_\_\_\_  
*For Canadian checks, indicate "U.S. FUNDS." Please note: deposit will be  
refunded only if you notify us at least 14 days in advance of the event. )*  
Will you need a barrier free room? \_\_\_\_\_ Do you need any special formats? \_\_\_\_\_  
Do you have any dietary needs? \_\_\_\_\_  
Is there anything else you'd like us to know? \_\_\_\_\_

January 6-8, 2012

# Journey Toward An Individuated Life

## *An Introductory Circle of Trust® Retreat*

Those engaged in professions such as organizational leadership, education, community service, law and medicine know the challenge of sustaining ourselves and our commitments to deeply held values and beliefs. The more passionate we are about our work, the more vital it is that we take time to renew our spirit – to reconnect with the wellspring of our service to others.

Based on the Circle of Trust® work by Parker J. Palmer, this retreat will explore the intersection of our personal and professional lives. Listening to our inner voice, we will reflect alone and in groups, share stories from our journeys, and gain insights from poets, explore reflective journaling, silent and guided meditation, deep relaxation, music and movement. Clearness committee, a Quaker method for discerning life direction, will be offered to support reflection on difficult life and vocational issues.

*This event is gender inclusive. Space is limited to 15 participants.*

**LEADER:** Valerie Brown

**TIME:** Friday, 7:00 p.m.-Sunday, 1:00 p.m. (after lunch)

**COST:** \$190 (\$75 deposit, \$115 balance due) includes program, room and meals. Partial scholarships are available.



**VALERIE BROWN** is President of Mindful Solutions, LLC, providing training, facilitating and coaching services in Circle of Trust® retreats, mindfulness and Mindfulness Based Stress Reduction (MBSR) to promote transformation through awareness and renewal. She is a Circle of Trust® facilitator prepared by the Center for Courage & Renewal and Parker J. Palmer. She is a Quaker and was ordained by Thich Nhat Hanh as a lay member of the Tien Hiep Order. A popular retreat leader, yoga teacher and author, she was featured in the book *Awakening Beauty the Dr. Hauschka Way* (Clarkson/Potter Publishers, 2006). Valerie has led the “Open Heart, Peaceful Mind” retreat at The Leaven Center for several years.



The Leaven Center Lodge

Participants will stay at the Leaven Center Lodge. The ground floor is barrierfree. The 25-acre property has meditative paths that wind through meadows and alongside the Grand River. There is a spring-fed stream, a pond, and 1,000 feet of river frontage.

The Leaven Center near Lyons, Michigan, is administered by Leaven, a nonprofit organization committed to nurturing the relationship between spirituality and social justice. The Leaven Center welcomes people of all races, ethnicities, abilities, sexual orientations, and faith traditions.

For additional information about the Leaven Center, see [www.leaven.org](http://www.leaven.org), e-mail us at [leavencenter@leaven.org](mailto:leavencenter@leaven.org), or call us at 989/855-2606.