



EDUCATION & RETREAT CENTER



## About Ghost Ranch

Ghost Ranch, 21,000 acres located in Northern New Mexico, is an ecumenical and interfaith education and retreat center of the Presbyterian Church (USA). For over half a century, people have come here for spiritual development, to discuss issues of peace and justice, to work together in creation care, to paint and write, to hike and to ride horseback, to research rich and globally renowned archeological and fossil quarries, to see where Georgia O'Keeffe painted, to try something new or to simply rest and renew their spirit.

REGISTER ONLINE 

@GhostRanch.org or call the Registrar Office at 505.685.1001 or 505.685.1017

GhostRanch.org

Steve Bundy



## Journey Toward Wholeness

Monday, April 25 - Sunday, May 1, 2016

G16CDS441 | All Inclusive, Double Occupancy: Private Bath: \$1,300  
Shared Bath: \$1,050; All Inclusive, Single Occupancy Hermitage: \$1,450  
*Can't make these dates? This course is also offered October 16-22, 2016.*

Based on the work of Parker J. Palmer and the Center for Courage & Renewal, this retreat explores issues of transition, vocation, life passion, purpose, meaning, direction, aging, relationships, and underlying life patterns, to live in alignment with your deepest values and the courage to act with integrity and authenticity. In a safe, quiet, nurturing, and confidential environment, this retreat promotes reflection, clarity and insight. Guided by core principles and practices, which include the belief that everyone has an inner teacher, an inner source of truth, you will engage in contemplative practices to support personal and societal transformation.

The retreat explores poetry, prose, music, gentle guided movement, video, journaling, stories from various wisdom traditions, periods of silence, mindfulness meditation practices, and the stunning natural beauty of Ghost Ranch. The retreat includes periods of quiet self-reflection, and large and small group discussions, as well as much laughter and lightness. Clearness Committees, a Quaker process of discernment is the capstone of this retreat. Off-ranch trips are planned. Exhale deeply and relax at a nearby mineral springs (at an extra fee), enjoy an afternoon of Gregorian chant at Christ in the Desert Monastery and visit traditional weavers to explore local culture. Limited to 15 participants.



### Instructor: Valerie Brown

Valerie Brown a national and international retreat leader trained by the Center for Courage & Renewal and Parker J. Palmer, writer, and Principal of Lead Smart Coaching, LLC, specializing in mindfulness and leadership ([www.leadsmartcoaching.com](http://www.leadsmartcoaching.com)). She trans-

formed her high-pressure career as a lawyer-lobbyist to human-scale work with individuals and groups to foster trustworthy, wholehearted, and authentic connection. A certified Kundalini yoga teacher, she is Quaker and was ordained by Thich Nhat Hanh as a member of the Order of Interbeing.