

The background of the top section is a photograph of a forest with sunlight filtering through the trees. The text 'Springbank Retreat' is written in a large, white, cursive font across the top. Below it, 'Spring 2024 Program Calendar' is written in a smaller, white, sans-serif font.

# Springbank Retreat

## Spring 2024 Program Calendar

### **FEBRUARY**

- 13-14 • Quiet Your Mind, Open Your Heart & Listen to Your Body
- 16-18 • The Universe Story
- 22-24 • Come and Paint Retreat
- 27 • Mindfulness as an Act of Love: Harness the Beauty of the Moment
- 29-1 • Yoga Retreat

### **MARCH**

- 4-6 • Basketry: Weaving Balance and Beauty
- 8-10 • A Retreat with Thomas Merton
- 12-24 • Mini Sabbatical: Indigenous Wisdom, Spirit Quest and Pottery
- 22-24 • Spirit Quest
- 26-27 • Integral Ecology: Our Companionship with Creation
- 28-31 • Holy Week: Easter Triduum

### **APRIL**

- 3-7 • Living Our Viriditas: An Interactive Restorative Retreat
- 10-11 • Every Body's Prayer: Expressing Faith Through Movement
- 13-14 • How Evolution is Changing our Faith in the 21st Century
- 16-17 • The Healing Power of Dreams
- 23 • Aquinas, Laudato Si and Care for All Creation
- 24 • Healing Touch
- 26-28 • Growing One's Soul