



Personal / Family (Self) Directed Retreat

Focus:

- Rest
- Renewal
- Personal or family directed experience

Who will this benefit:

The Personal / Family Directed Retreat is ideal for those seeking time to listen, pray, read, meditate, write, rest, and enjoy nature as an individual, couple, or as a family. The self-directed retreat provides an opportunity to unplug from the busyness of one's ministry in a context of prayer and solitude situated in the beautiful surroundings of the Fairhaven campus.

- Pastors
- Missionaries
- Para-Church leaders
- Christian Counsellors
- Faculty and staff at Bible Colleges and Seminaries
- Christian business leaders

Suggested Spiritual practices:

- Dedicated times of
 - Bible/devotional readings
 - Prayer, listening, reflecting, and meditating
 - Rest
- Practice of the spiritual disciplines
- Engagement in spiritual formation exercises, e.g. Ignatian Daily Examen, Lectio Divina, etc.
- Leisure activities

What is included:

- Accommodation in one of our beautifully decorated cottages
- Welcome Orientation and Q & A time
- Provision of outlines for spiritual practices
- Use of the library and Lodge facilities
- Access to our trail system
- Access to Counselling, Coaching, Spiritual Guidance upon request
- Information on local activities

Fees:

- Subsidized rate of \$85.00/night (min. two night retreat; max. two weeks during peak seasons)
- Counselling, Coaching, Spiritual Guidance @ \$80.00/hour