



Our Lady of Calvary

RETREAT CENTER

BioSpiritual Focusing with Kathy Irr

Saturday, February 24, 2024 @ 9:00 am - 1:30 pm \$40

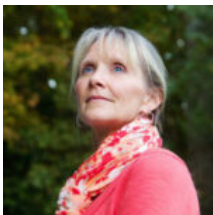


Kathy Irr will lead our Saturday BioSpiritual Focusing Workshop.

BioSpiritual Focusing opens a hidden door to this wisdom. It is the connection or bridge into a world of inner gifts.

BioSpiritual Focusing is a simple, practical process that re-awakens your ability to allow the gift of your body's wisdom to guide you into greater wholeness. It is more than just "thinking" or "feeling." It is "felt-sensing" unique personal meanings and directions that come from deep inside you. This requires time, patience, and willingness to develop the habit of felt sensing.

This workshop will take place upstairs in the Blue Room and includes lunch. It is for beginners as well as those already introduced to BioSpiritual Focusing. It provides teaching, participant sharing, and experiential exercises that can open you to transformation.



Presenter: Kathleen Morrissey Irr is a Registered Nurse with over thirty years of experience working in the area of Psychiatric and High School Nursing. She is a former Director of Campus Ministry and Director of Religious Education in the Norwich Diocese. Kathy is an experienced retreat leader in the areas of spiritual wellness, restoration, and addictions. She is a certified spiritual director, having completed a four-year program at Mercy Center in Madison, CT. Kathy is a member of Spiritual Directors International.

Register for this workshop using the form below or call (860) 677-8519.

Name **BioSpiritual Focusing with Kathy Irr**
 Saturday, February 24, 2024

Address Program - \$40

City State Zip

Phone Email

Parish Parish Town

Special Dietary Needs

**PAYMENT MUST BE MADE AT TIME OF REGISTRATION.
PLEASE HELP US PLAN BY REGISTERING AT LEAST ONE WEEK BEFORE PROGRAM.**

My \$40 offering is enclosed.

Mail reservation and offering to: **Our Lady of Calvary Retreat Center**

31 Colton Street • Farmington, CT 06032

860.677.8519 • ourladyofcalvary.net • olcretreat@sbcglobal.net