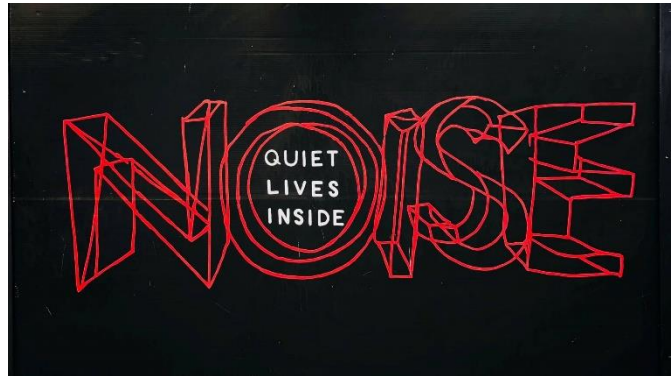




## LIVE-IN RETREAT

### Planning Your Retreat in Melbourne

You are tired and wanting to withdraw, to step back from the intensity. You need spiritual food and yearn for the mystery of God. You need time to focus on your spiritual life and not be distracted by the noise of everything else. You are drawn to the supportive depths of a retreat yet feel nervous about letting go of the busyness.



#### A quiet place where your soul feels safe

After a busy time for the apostles when “many were coming and going, and they had no leisure to eat”, Jesus invites them to “come away, with me, to a quiet place and rest awhile” (Mark 6.31). Hijacked by the persistent crowd, that invitation was put on hold. Knowing how important time out in prayer was to Jesus we can assume that he made another opportunity.



Listen again, to the invitation that Jesus offered to the exhausted disciples. “Come away, with me, to a quiet place and rest awhile.” (Mark 6.31) Hear that invitation in your own heart. Stay in a place of quiet so your soul feels safe enough to show up.

Set aside your own time-out to rest in the silence. It does not matter how long you have – when you show up, God shows up! Plan a retreat in a spiritually supportive environment to allow space for restoration, refreshment, and recalibration.

## What Length Can My Retreat Be?



If you have a short time or want a taster, then try two nights (3 days) over a weekend.

When you need more time or must work on the weekend, then take the four night (5 day) option during the week.

When your schedule is not clear cut, select the combination of week and weekend days to suit you depending on availability.

You might want a longer time frame. Another frequent length for a retreat is 8 days (7 nights) which obviously includes a weekend – many prefer this whole of week experience to sink deeply into silence. Prices for these options are shown below. Longer retreats can be arranged, so please contact me.

### Costs of Retreat Room with Spiritual Direction

To allow for a fuller retreat experience arrival can be as early as 11 am while departure can be as late as 3 pm. Simple breakfast supplies are included. Also remember that all materials for the Reflective Collage are provided, together with personalised prayer exercises.

- **Rest a While: Three Day Retreat - \$604.00**  
Two nights accommodation, with three 45-minute spiritual direction sessions, opening on day of arrival, reflecting on middle day, “gathering up” on day of departure.
- **Rest and Reflect: Five Day Retreat - \$915.00**  
Four nights accommodation, with five 45-minute spiritual direction sessions, opening on day of arrival, reflecting on middle days and “gathering up” on day of departure.
- **Deep Rest and Inner Stillness: Eight Day Retreat - \$1419.00**  
Seven nights accommodation, with eight 45-minute spiritual direction sessions, opening on day of arrival, reflecting on middle days and “gathering up” on day of departure.
- **Longer retreats – Custom Pricing**  
I look forward to hearing your retreat dreams. More than seven nights, to a month or more are negotiable and would draw a discount on the accommodation.

### Self Catering

Simple breakfast options are included while other meals are self catered. Read the [Self Catering on Retreat PDF](#) for easy food ideas.

### Timely Retreat Offers Spiritual Refreshment

If you are ready to step out of the daily grind and stop letting the noise of external demands shape your life, then [contact me for a free 20-minute](#) conversation about how a timely retreat can offer you the spiritual refreshment you seek.