

# Body and Soul

## A Lenten Mini Retreat for Women

at The Bishop's Ranch

**Sunday, March 18 to  
Monday, March 19, 2012**

*Fee per person: \$165 Double/\$199 Single/\$132 Subsidized  
includes lodging, meals and materials*

“You shall love the Lord your God with all your heart and with all your soul and with all your mind, and with all your strength.” what would a truly integrated spirituality look like, a way of life that supported all of our being, even as it challenged us to live from a place of greater wholeness? What better time to explore a fuller way of being than during Lent when we're invited to take a break from our “business as usual” – even from our faith-as-usual – and go a little deeper.



We'd love to have you join us for this one-night “mini-retreat,” which minimizes your time away while offering you a real change of pace.

Facilitated by the Rev. Whitney Roberson, priest, writer and experienced retreat leader, Body and Soul offers an opportunity to recognize the presence of divine Mystery in your life, to listen for the whisperings of your own deepest self, and to explore new ways of living and being in the world. Along the way, we'll get to know each other, share our joys and sorrows, questions and insights, hopes and fears. And we'll laugh a lot!

### The Bishop's Ranch

On a sunny knoll nestled among the forests, farms and vineyards of Sonoma County is the Bishop's Ranch. The Ranch is located 75 miles north of San Francisco, near the town of Healdsburg.

### Lodging

Participants will be comfortably housed in the Kay Qvale Ranch House. Limited single occupancy spaces are available.

### Registration

Send full payment with your registration application. Upon receipt of your registration, we will send you a confirmation, program information, and directions to The Bishop's Ranch.

### Cancellation Policy

Cancellations received at least 2 weeks before the retreat will be refunded less a \$50 registration fee. After that time, no refund will be given.

## Body and Soul

### Registration Form

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Check one or more:

\$165 Double Occ.  \$199 single; Occ.  \$132 Subsidized Cost

I require Financial Assistance

Payment:

I have enclosed a check payable to The Bishop's Ranch.

I authorize my Visa or Mastercard to be charged for \$ \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Billing Address if different than Mailing Address: \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

I have some special dietary needs: \_\_\_\_\_

Other special needs/concerns: \_\_\_\_\_

*Send registration form with payment in full to The Bishop's Ranch,  
5297 Westside Road, Healdsburg, CA 95448  
phone 707.433.2440 fax 707.433.3431 shannon@bishopsranch.org  
www.bishopsranch.org*