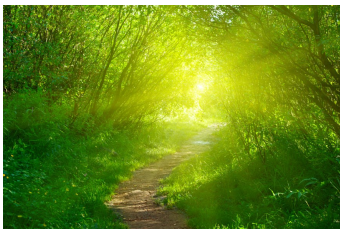
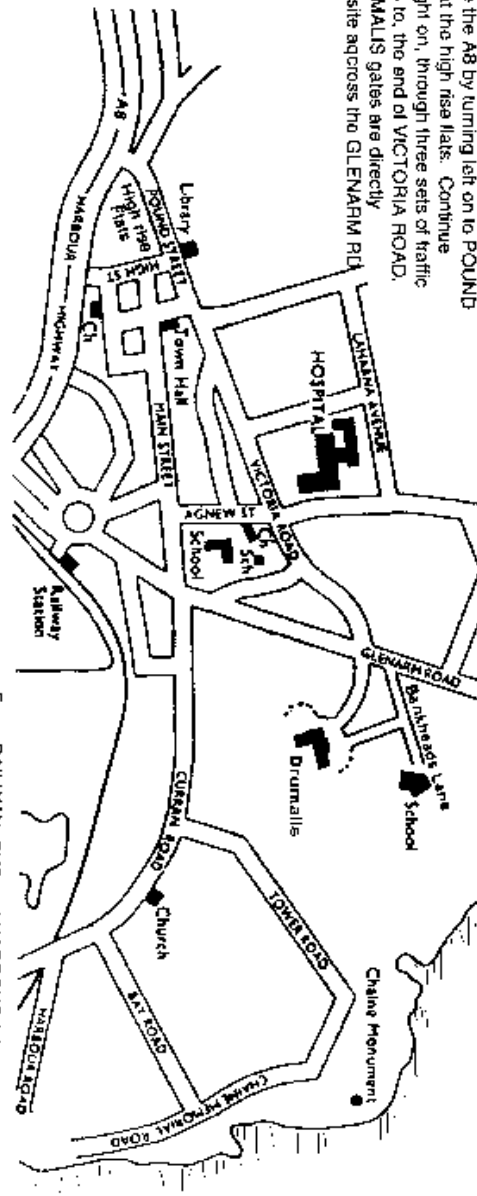


*“All truly  
great  
thoughts  
are  
conceived  
while  
walking.”*

- Friedrich Nietzsche



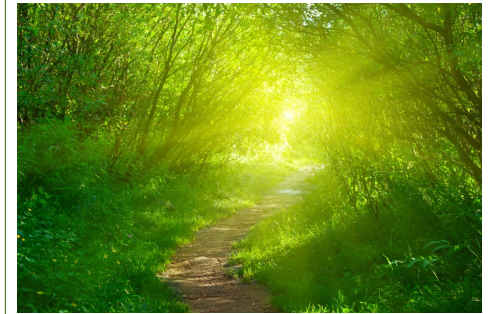
## DIRECTIONS



From BELFAST take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left on to POUND ST. at the high rise flats. Continue straight on, through three sets of traffic lights to, the end of VICTORIA ROAD. DRUMALIS gates are directly opposite across the GLENARM RD.

From RAILWAY, BUS and HARBOUR follow the signs for the 'Coast Road'. DRUMALIS is on the right before BANKHEADS LANE before you leave the town.

## WALKING WITH WISDOM



Saturday, 23 June -  
Friday, 29 June 2018

Guided Retreat  
at Drumalis with  
Sr Joann Heinritz CSJ

Drumalis, 47 Glenarm Road, LARNE,  
County Antrim, BT40 1DT  
Tel 028 28272196/2827 6455 Fax 028 2827 7999  
Email [drumalis@btconnect.com](mailto:drumalis@btconnect.com)  
Website: [www.drumalis.co.uk](http://www.drumalis.co.uk)

# WALKING WITH WISDOM

## About the Retreat:

*We are on a soul journey,  
shaping our path and being shaped.*

*Where do you find the  
well of wisdom in your life?*

*When have you had an experience that  
profoundly changed your world view?*

*What does it feel like to be authentic?*

*What is your sense of how our larger  
culture looks at conflict?*

*We will share this and more as you  
continue "Walking with Wisdom."*

Each day will include a daily morning presentation, ample time during the day for personal reflection, immersion in the outer and inner landscapes of Drumalis, walking/hiking, creative experiences, spiritual guidance, and a prayer ritual/body praise session each evening.

## About the Retreat-giver:

Sr Joann Heinritz is a Sister of St Joseph of Carondelet. Presently she is involved in the School of Applied Theology Sabbatical program in Berkeley as spiritual director, retreat director and instructor. Having completed a Masters degree in Spirituality, and been certified as a Massage Practitioner at the Care Through Touch Institute in Berkeley, she incorporates in her retreats and workshops a passion for embodied spirituality and holistic well-being. Sr Joann volunteers as a massage therapist at **The Friendly Place**, a women's shelter in Oakland, California.

## Duration:

The retreat will begin with registration from 5:00 pm on Saturday and evening meal will be served at 6:00 pm. There will be an introductory session on Saturday evening. The retreat will end after breakfast on Friday morning.

## Cost:

The cost of the retreat is **£465** sterling per person which includes all meals and accommodation as well as facilitator's fees.

## BOOKING FORM

Name .....

Address .....

Postcode .....

Tel No .....

Email .....

Special Requirements

*(dietary, ground floor accommodation, etc)*

.....  
A **non-refundable** and **non-transferable** deposit of **£30** is required with each booking. This will be counted as part of the total cost. Confirmation of booking will be sent by enclosing a SAE.

Please return completed Booking Form and deposit to: Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT. Please make cheques/postal orders payable to **DRUMALIS**.

*Why not save time by booking your retreat  
and paying your deposit by phone.  
We welcome credit and debit card payments.*