



Contemplative Art Retreat:

Exploring Monastic Rhythms Through Art & Movement

with
Christine Valters Paintner, PhD
And Roy DeLeon, ObISB

December 3-7, 2008

at St. Andrew's Retreat House on the beautiful Hood Canal in Washington State.

Do you long to uncover a contemplative rhythm to nourish your creative process?
Are you drawn to explore ways that the monastic tradition can feed your everyday life?
Do you want a retreat experience of guided meditation, movement, and creative expression?

Our retreat schedule will be guided by the tradition of praying the Hours. We will pause four times each day to pray the hours through movement. Roy will lead us in embodying the Psalms through "blessed movements," a gentle series of movement-based prayers inspired by yoga postures.

In between, Christine will gently guide us in *lectio divina* and a combination of poetry writing and collage/mixed media art exercises to tap into our inner wisdom and longings. We'll take our artistic inspiration from the "*Book of Hours*," a monastic book of prayer filled with art to illuminate its words, and the "*Book of Creation*" which will surround us on the beautiful Hood Canal. You will be creating a simple accordion-style book filled with your own wisdom and art to be used for future inspiration and meditation.

During our four days together we'll immerse ourselves in a contemplative rhythm rooted in the monastic tradition as a way to nurture our creativity. We will have time for silence, for movement prayer, and for art-making. Together we will explore the rhythm of stillness and creating, and how each nourishes the other. We will pause throughout the day to notice what season we find ourselves in and what qualities the time of day offers to our creative process.

All spiritual and artistic backgrounds welcome!

Program Cost:

\$675 includes all art supplies, yoga, 4 nights lodging (mostly single rooms) and meals.

For more information & details visit: www.AbbeyoftheArts.com/Teaching

Feel free to e-mail or call Christine with further questions at
Christine@AbbeyoftheArts.com
(206) 329-3110
PO BOX 23160, Seattle, WA 98102

Facilitators:

Christine Valters Paintner, ObISB has her PhD in Christian spirituality and has earned certificates in expressive arts education and spiritual direction. She is the Program Coordinator at the Ignatian Spirituality Center and an adjunct faculty at the School of Theology and Ministry, Seattle University. Her co-authored book on *Lectio Divina: Contemplative Awakening and Awareness* will be published by Paulist Press in November 2008. Christine is a Benedictine Oblate at St. Placid Priory and strives to live a contemplative way of life in the heart of the Seattle where she lives with her husband and dog. She is also an artist and publishes reflective art journals and prayer cards with her photography and writing.

Find out more about her work at her website:

<http://AbbeyoftheArts.com>

Roy DeLeon, ObISB is an Oblate of St Benedict with St Placid Priory. In 2005, he represented the Priory at the First World Congress of Benedictine Oblates in Rome, Italy. He is an active spiritual director trained by St Placid Spirituality Center and a certified yoga teacher since 1998. His first book on praying with the body will be published by Paraclete Press in spring 2009. Every first and third Sundays of the month, he teaches Blessed Movements classes at the Yoga Barn in Issaquah, WA . Find our more about his work at his website:

<http://www.BlessedMovements.com>

CONTEMPLATIVE ART RETREAT REGISTRATION:

Name: _____

Mailing Address: _____

Email: _____ Phone: _____

Do you require an ADA accessible room? _____

Do you have other needs, limitations, or concerns we should know about? _____

Are you willing to have your contact information included on a list provided to the whole group? _____

The retreat center is about 1 hour and 45 minutes from the Sea-Tac airport. Would you like to be connected with other participants who will be flying into Seattle to coordinate renting a car and traveling together to the intensive location? _____

To hold your place we require a \$75 nonrefundable deposit. You can make your check payable to "Abbey of the Arts" or you can request a Paypal invoice by email to pay securely by credit card.

The balance of \$600 is due by November 1st. If you are registering after this date, please include full payment of \$675 for the program.

Please send your completed Registration Form and Deposit Check for \$75 to:

Abbey of the Arts, PO BOX 23160, Seattle, WA 98102

Cancellations and Refund Policy:

The \$75 program deposit is nonrefundable. You may cancel anytime before November 1st. We cannot offer refunds of the program costs after that time. Any requests for refunds prior to that time will have our credit card fee of 3% deducted (if you paid by credit card) in addition to the \$75 nonrefundable deposit.