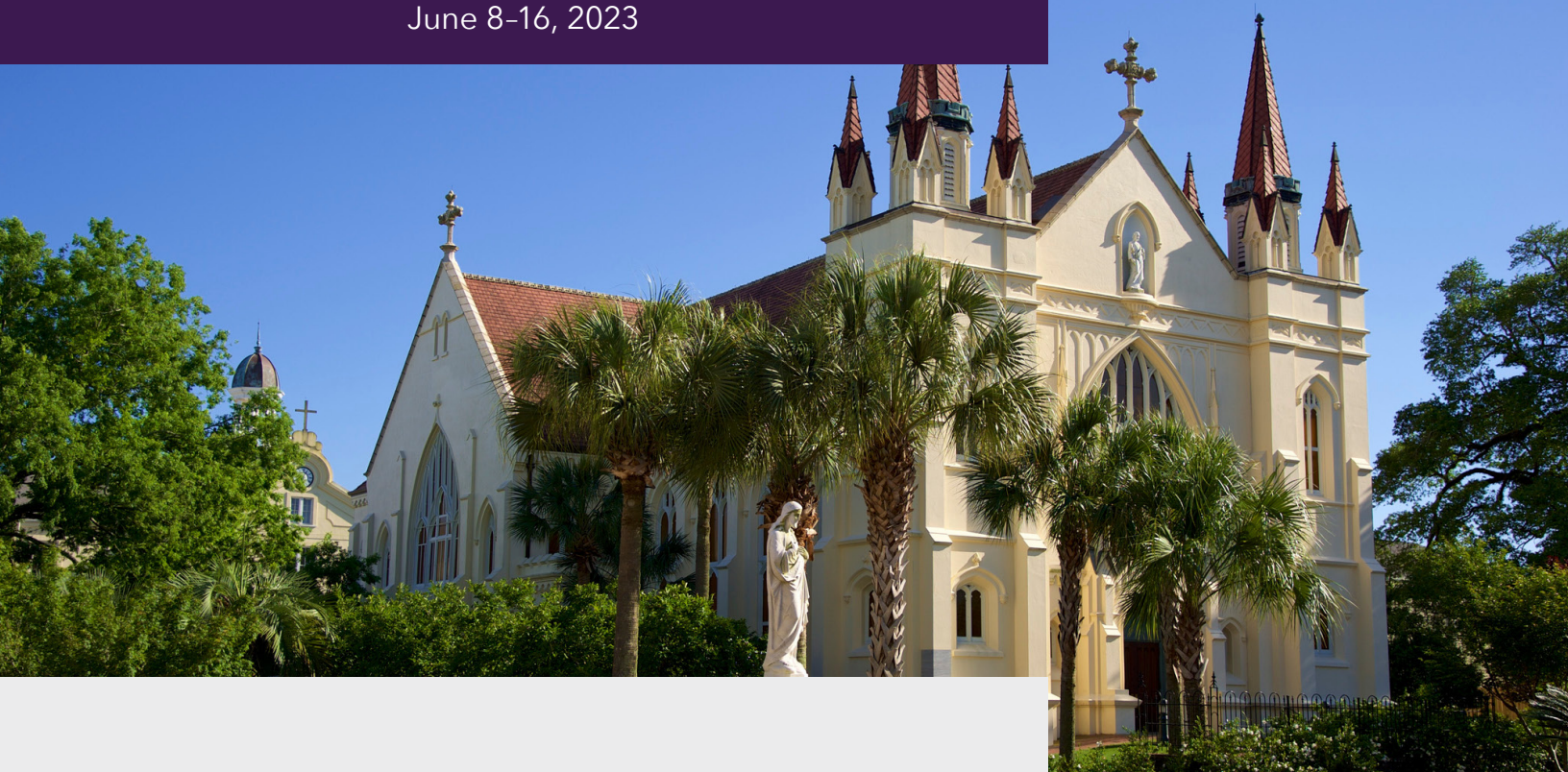


# IGNATIAN DIRECTED RETREATS

*Ignatian retreats offer, "the opportunity to be refreshed with a renewed balance centered in God."*

Summer Institute of Christian Spirituality  
Spring Hill College  
June 8-16, 2023



## **REST, REFRESH, RENEW...**

The eight-day silent retreat begins with a short orientation. Shorter retreats may be taken for any three or five consecutive days during the same time period. Based on the spiritual Exercises of St. Ignatius retreatants meet individually with a director once a day, spending their time in personal prayer, reflection, spiritual reading and journaling or walking the spacious and beautiful grounds of Spring Hill College.

## **FEES**

8 Days - \$640

5 Days - \$400

3 Days - \$240

*Includes lodging & meals*



**SPRING HILL  
COLLEGE**

**For More Information Visit:**

[shc.edu/retreats](http://shc.edu/retreats) | [theology@shc.edu](mailto:theology@shc.edu) | (251) 380-4660

