



In solitude
we can slowly unmask the illusion of our possessiveness
and discover in the center of our own self
that we are not what we can conquer,
but what is given to us.
- Henri Nouwen

The Goodness of Chosen Solitude

**A Headwaters Retreat Day About Creating Your Personal Retreat
Saturday, October 26th, 2024**

Zuni Ranch (North of Woodland Park, CO)

9am-4pm (See more extensive packages below!)

\$75 per person (only limited spots available)

Snacks, drinks and lunch are included

Do you sense a drawing towards some chosen simplicity, quiet and solitude — a time of pause alone from daily hurry with the Creator? Maybe you have heard others talk about going on personal spiritual retreats and somehow, even though it sounds odd, it has you curious. During this Headwaters Retreat Day, Todd will be introducing some of the contemplative roots, gifts and considerations to help you get creative and make your own personal solo retreat. Zuni Ranch is beautifully surrounded by national forest and mountains. All compassionate souls are welcome!

To Register:

- 1) Email Todd at todd@anamcara.com and
- 2) Send your payment via PayPal using the same email

Bring: Layers of clothing and rugged footwear for cold to warm weather, your journal to take notes, a water bottle, and an open and willing spirit.

See All of the Packages Below:



Retreat Day

Just the day retreat with the group

Cost: \$75 per person

Retreat Day+

Adds 2 one-on-one sessions with Todd after the retreat

Experience the one day group retreat and then you'll schedule a first one-on-one session with Todd helping you further prepare for your solo retreat. During or after your solo retreat, you will have another session with Todd to explore integrating your experiences into daily living.

Cost: \$375

Retreat Day++

A Weekend Intensive, Come Early-Stay Late:

Room for 1-2 persons to come Friday, experience the Retreat Day on Saturday, and leave on Sunday.

This will include: Lodging Friday-Sunday. Friday evening one-on-one session with Todd, Retreat Day with the group on Saturday, and then, another one-on-one with Todd on Sunday.

Included Meals: Saturday Breakfast, Lunch (Dinner on your own) and Sunday Breakfast.

Cost: \$500



Dr. Todd A. Spencer
Spiritual Director, Retreat Leader, Leadership Coach
Founder of headwatersofhope.org
2342 Distinctive Drive
Colorado Springs, CO 80920
719.433.3493
todd@anamcara.com

~ Certified Energy Leadership Index Master Practitioner (ELI-MP) through iPEC
~ Partnered Peregrini Spiritual Director with Anamcara.com