

# Centering Prayer Retreat

## July 9-11, 2010

**St. Anthony's Retreat Center, Three Rivers, California**



Centering Prayer is a precious and practical prayer method for calming the body and mind and healing emotional wounds while nurturing a relationship of intimacy with God. Whether your interest is relief from the stress of daily life, deepening an ongoing spiritual quest or practice, or you're simply curious about meditation, please join us on this weekend retreat in which we will deepen in our practice of Centering Prayer. Retreat begins on Friday, July 9th at 6 p.m. and ends on Sunday, July 11th at 1 p.m.

### **Trained and Commissioned Centering Prayer Presenters:**

**Juan C. Garcia, Ph.D., LMFT**, has been practicing as a Marriage and Family Therapist for the past 28 years, and has been Professor of Counseling Education for 23 years at the Kremen School of Education and Human Development at California State University, Fresno. He presents on the healing aspects of Centering Prayer.

**Everardo Pedraza, OSB, Cam., Oblate, M.A.**, is Co-Coordinator of Contemplative Outreach of Central California and has been teaching Centering Prayer in parishes and prisons for the past 12 years. He earned his master's degree in theology from the Graduate Theological Union in Berkeley where he focused on Christian mystical and contemplative spirituality.

*Space is limited. Please register now to reserve your space.  
\$190 for Shared room; \$230 for Single Room. BBC CEU's available to therapists for \$25.  
For registration or information, please call St. Anthony Retreat and ask for Barbara or Gail at 559-561-4595 or email: [centeringprayerretreat@yahoo.com](mailto:centeringprayerretreat@yahoo.com).  
Please send check payable to "St. Anthony Retreat" to the following address:  
St. Anthony Retreat, P.O. Box 249, Three Rivers, CA 93271*