**SOUND INTO SILENCE RETREAT**

Exploring Sacred Sound and Music, Poetry and Meditation as a Spiritual Practice.

WHEN: FRIDAY SEPTEMBER 14TH, 7-9 pm, (Register at 6.30pm)

SATURDAY SEPTEMBER 15TH, 9-4pm.

WHERE: MC COLGAN ROOM, ST. JOSEPH’S MOTHERHOUSE

NORTH BAY.

COST…RETREAT $ 80.00 MEALS $25.00

(Includes Snack Friday, Snack, lunch and dinner Saturday)..any/or all meals may be opted out of,,) .

PLEASE REGISTER BY SEPTEMBER 4th

Yoga mat or blanket optional for sound meditation.

For more information or to register, please contact

[Mary@marasmusic@yahoo.ca](mailto:Mary@marasmusic@yahoo.ca)

or call 705-495-0928

Presented by Mary and Denis Stokes.