



**HARC'S
INTERFAITH
RETREAT**

*“Let the Spirit
Move You”*

**A day of exploration,
creativity, and connection!**

MORNING:

A meditative art project

No experience necessary, materials provided



LUNCH
Included

AFTERNOON:

Primordial Qigong

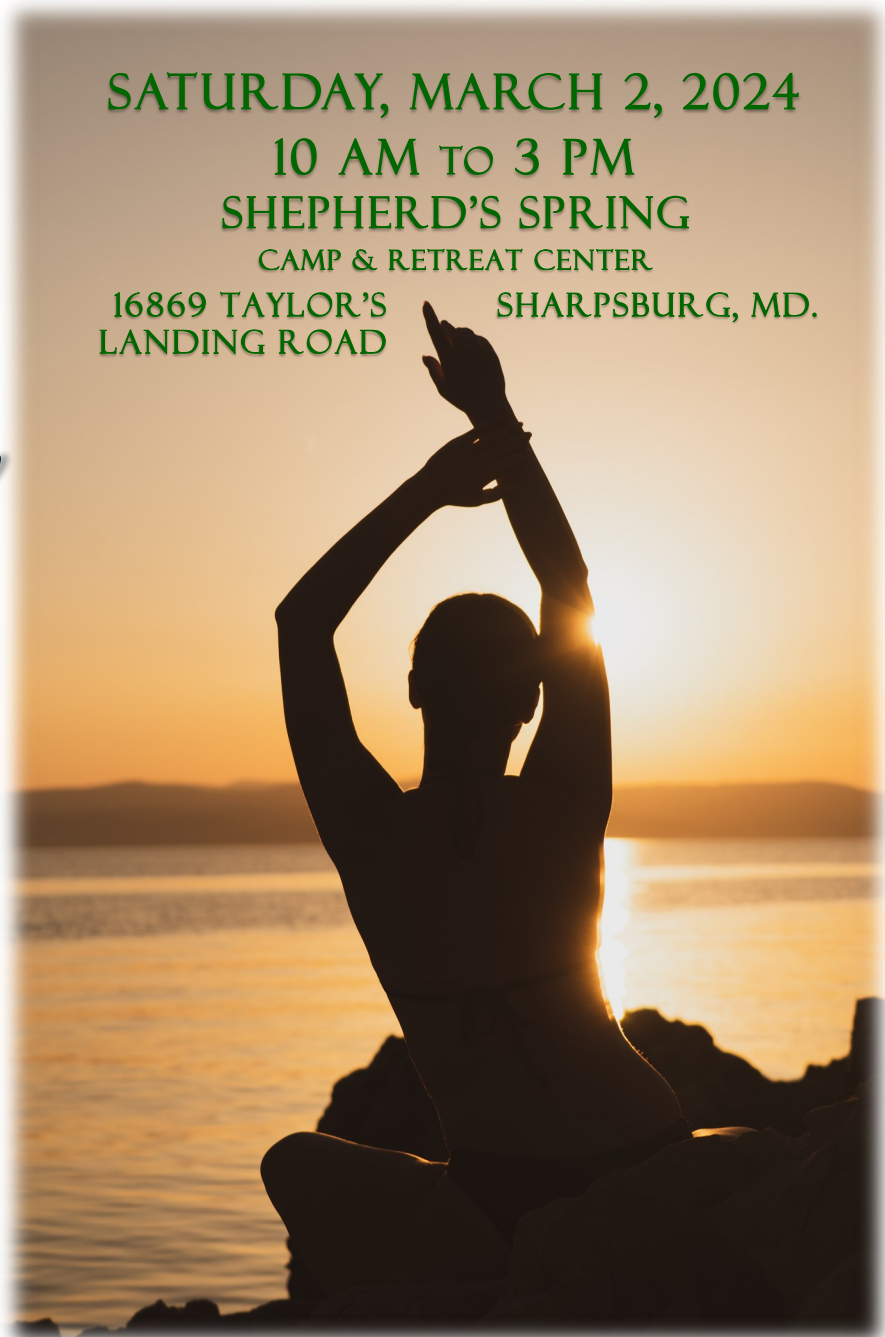
*Coordinating movement, breathing,
and meditation to optimize energy
within the body, mind, and spirit*

CLOSE OF DAY:

**“Listening for the Spirit:
The Poetry of Rumi”**

*An opportunity to allow the spirit of
poetry to move us in beauty and words*

**SATURDAY, MARCH 2, 2024
10 AM TO 3 PM
SHEPHERD'S SPRING
CAMP & RETREAT CENTER
16869 TAYLOR'S LANDING ROAD SHARPSBURG, MD.**



Registration Fee: \$50



**For more details and to register, visit this link:
<https://2024HARCretreat.eventbrite.com>**

Or scan this code:



**Deadline to register
is February 16**

