

C O U R A G E & R E N E W A L ®

Courage by the Sea

Cultivating a Soul-Infused, Values-Driven, Authentic Life



About this retreat by the sea:

During the retreat, we explore poetry, prose, music, gentle guided movement, video, journaling, stories from various wisdom traditions, periods of silence, and mindfulness meditation practices. The retreat includes periods of silence and quiet self-reflection, large and small group discussions, deep listening through a version the Quaker process of the clearness committee. Enjoy **spacious time on the beach** and at historic seaside inn in Cape May, New Jersey, as well as much laughter and lightness.

Valerie Brown

A seasoned international pilgrimage and retreat leader, writer, leadership coach, and Principal of Lead Smart Coaching, LLC, specializing in application and integration of mindfulness in daily life.

www.leadsmartcoaching.com



“The sea does not reward those who are too anxious, too greedy, or too impatient. One should lie empty, open, choiceless as a beach – waiting for a gift from the sea.”

-- Anne Morrow Lindbergh

What you will experience during this seaside retreat:

- **Circle of Trust®** Touchstones and Approach
- Rest and renewal at a historic seaside resort with **spacious time at the ocean**
- Deep listening skills to **build relational trust**
- Sabbath **rest and renewal**
- Journaling as a tool of discernment
- Creative expression through art
- How to ask honest, open questions to **support understanding, especially in challenging times**
- An introduction to the Quaker **clearness committee**, a 16th century process of individual discernment in community
- Discernment in **community**
- **Mindfulness** meditation
- Body movement/**Body awareness**

Register today!

Date

June 14-16, 2017

Wednesday to Friday

Location

Chalfonte Hotel

301 Howard Street
Cape May,
New Jersey 08204

Price

\$750 per person

Register:
leadsmartcoaching.com/events

Submit form:
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