

Saturday, June 27, 2020  
9:00am - 4:00pm

## Walking with Kindness Through the Labyrinth: Journey to Self Care

Maggie Perrone,  
RN, MA



Join us for a day of reflection, renewal and rejuvenation. Our world is in desperate need of kindness and it starts with ourselves. Using the labyrinth as a contemplative prayer tool, we will explore ways in which to be kind to ourselves, for compassion starts within in order to begin to share it with the world around us. Using prayer, journaling, art and meditation we will have time to discover ways in which kindness can be expressed and become present to its effect on our own lives. Join us for a day of reflection, renewal and rejuvenation.

Maggie is executive director of GenuineJourneys, a company dedicated to enriching spiritual life. She is also an emergency room nurse, mother, retreat leader and advanced labyrinth facilitator.

Cost: \$50 Lunch included.

To register call Marlene at (310) 377-4867 ext 234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org). Please see website or Program Guide for Cancellation Policy.

### MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867  
[www.maryjoseph.org](http://www.maryjoseph.org) Email: [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org)

RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.  
"Walking with Kindness thru the Labyrinth" Maggie Perrone, Rn, MA, Saturday, June 27, 2020

NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

Cost: \$50 Lunch included.