

Your Spiritual Legacy Retreat

Reflections into the Heart of Who You Are

*Friday, July 19 -
Sunday, July 21*

*Presenters:
Mary Price Dunn & Alanna Mack*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Parish: _____ City: _____

Please Note: A \$60 non-refundable deposit is required for registration

Single Room \$360

Double Room \$300 per person, Roommate Name: _____

Please check if this is your first overnight retreat at Serra Retreat

Do you NEED a room on the first floor? **Yes** or **No**

First Floor rooms are very limited. Please let us know if you have any medical reasons that require you to be on the first floor: _____

Specific rooms are not guaranteed/ALL rooms have adjoining bathroom

Credit card information #: _____ Exp: _____ / _____ CVV# _____

Make checks payable to Serra Retreat.

3401 Serra Road, P.O. Box 127, Malibu, CA Attn: Isabel
(310) 456-6631 ~ communications@serraretreat.com

Help us go green: Please print email address clearly. Confirmations are sent via email.





Your Spiritual Legacy

Reflections into the Heart of Who You Are

Venue: Serra Retreat

Begins Friday, July 19, 2024, 4:00 pm | Ends Sunday, July 21, 1:00 pm

With Mary Dunn and Alanna Mack

Check in begins at 3:00pm

*Fee: \$360 single room, \$300 per person, shared room
\$60 non-refundable deposit*

*Within each of us is a divine treasure, and if we hope to discover it,
we need to go deep into the heart of who we are. Meister Eckhart*

Deep in your soul is the story that wants to be told. In our weekend of guided reflections, we will help you open yourself to that story and discover the treasure that lies within. In this full-weekend retreat, we will engage you – from beginning to end – in a thoughtful and inspiring look at the stories of how you came to be the person you are and the qualities of your life that can be a true legacy to future generations. In our sessions together you will have the opportunity to:

- ✧ Explore the life lessons that have made you stronger, wiser, and truer.
- ✧ Discover the value you have created in your life that will be meaningful to others.
- ✧ Connect with like-hearted others in a way that is affirming, encouraging, and healing. We'll practice the sacred art of quiet listening, allowing one another to bring forth what is true and alive in them.
- ✧ Engage in gentle, meditative movement that will inspire your imagination. There will also be time for quiet walks to rest in simple awareness.
- ✧ Gain a deeper understanding of what matters most in your life, and how you want to be remembered.
- ✧ Leave with essential tools for making decisions and having conversations with loved ones about your legacy and end of life wishes.

Whether you've experienced any one of the Legacy Workshops or Retreats before, or this will be your first time, we warmly welcome you to join us for a full-weekend experience that we promise will be like no other!

WHAT PARTICIPANTS ARE SAYING:

"Mary has put together a beautiful program on how to find clarity and meaning in your life and write your legacy story for loved ones."

"The Legacy Retreat was stimulating, inspiring, and empowering."

"Mary's loving, sensitive communication style made the meditations and reflections deeply moving. It was just a beautiful experience."

"The fellowship and insights I received through the reflections, writing and sharing were invaluable."

"Mary welcomed us all warmly and held space for all of us to be heard."

"Each topic we were given for reflection was amazingly intentional, and deeply meaningful."

"The Legacy Retreat was absolutely world class, and I have been to some of the best retreats in the world."

RETREAT LEADERS:

Mary Price Dunn

As a distinguished leader in the nonprofit sector, Mary pioneered programs to engage people – just as they are – in courageous and hopeful change. While serving as CEO of a charitable foundation, she developed a groundbreaking grassroots initiative to help people build stronger, healthier communities in the rural towns of New Mexico. The program continues changing lives today.

Mary now focuses on the spirituality of aging and legacy. She is the creator of TheLegacy Workshop, Your Story, Your Legacy Retreat: A Full Sensory Exploration, and Your Spiritual Legacy: Reflections into the Heart of Who You Are. She has been leading workshops and retreats for many years. In Mary's words, "As human beings, we long to be seen and understood for all that we are and what we are becoming. We want to know that the value we are creating in our lives will be meaningful to others – that it will be a gift, our true legacy to future generations."

Alanna Mack

Alanna's interests the last ten years have focused on mindfulness and spirituality, and she follows a daily practice of centering prayer and meditation. Alanna is retired from a successful CPA practice, having worked extensively with clients on estate planning and helping them understand and manage finances after the loss of a loved one. Alanna brings to these retreats a wonderful balance of financial wisdom and a spiritual understanding of legacy.

