



Please complete and email your responses to Catherine Regan: cregan@mercywmw.org

Question for all: Please tell us which track would you prefer, intensive* (recommended if you haven't previously been on a Centering Prayer Intensive retreat) or post-intensive**?

* In a Centering Prayer *intensive* retreat, in addition to Centering Prayer practice, the Spiritual Journey videos of Thomas Keating's "Spiritual Journey" series are shown during the retreat to provide a core teaching, with some time for questions/discussion. The videos cover the nuts and bolts of the practice, working with things that may come up as we do it, and integrating Centering Prayer into daily life.

**A *post-intensive* retreat assumes comfortable experience with the core teaching. There will be opportunity to attend talks or videos to nourish a maturing Centering Prayer practice.

Questions for first-time attendees:

As we prepare for our retreat, it helps us as retreat leaders to have a sense of your familiarity with Centering Prayer and your retreat experience. We would appreciate it if you would answer these few Questions:

- 1) How long have you been doing Centering Prayer?
- 2) How often do you usually practice?
- 3) Have you attended an Introductory Workshop?
- 4) Have you done Centering Prayer retreats or silent meditation retreats? If so, how many days were they?
- 5) Do you have any physical or psychological conditions we should be aware of?

~ Thank you very much ~