

Spirare

SELF-CARE RETREAT

BREATHE DEEPLY. LISTEN DEEPLY. LIVE DEEPLY.

Deepening Awareness. Discerning God. Transforming Life.



Spirare Self-Care Retreat

- ❖ Contemplative experiences
- ❖ Reflect on your own spiritual journey
- ❖ Invest in your own spiritual wellbeing
- ❖ Engage with a spiritual director



The need to withdraw, and refresh to engage.

Four aspects of Good Self-Care

- ❖ **SPIRITUAL** – Nurture your relationship with God through prayer, rest, and stillness.
- ❖ **EMOTIONAL** – Honor your feelings, practice self-compassion, and set healthy boundaries.
- ❖ **PHYSICAL** – Care for your body with rest, movement, and nourishing food.
- ❖ **RELATIONAL** – Invest in meaningful connections and community that uplift and encourage.

As awareness of God in all things deepens,
spiritual perspective is transformed, empowering you to



Rest

in God's presence
(Positioning)



Receive

God's love
(Connecting)



Respond

to God's voice
(Engaging)



PLACE

Beulah Retreat Center
4435 Pleasant Hill
Church Road
Siler City, NC 27344



DATE

October
23-25,
2026

*Come away.
Be renewed.
Return transformed.*



COST

\$385.00

Double

\$425.00

Single

*Meals and
Lodging Included*



REGISTER

Register via email at
Thehealingplaceva@gmail.com

or call
804.277.3831

*A retreat for your soul.
A journey for a lifetime.*

"Be still, and know that I am God." – Psalm 46:10

Spirare Self-Care Retreat

Registration Form

October 23–25, 2026 | Beulah Retreat Center
4435 Pleasant Hill Church Road • Siler City, NC 27344

Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____

Email: _____

Lodging Preference

☐ **Double Occupancy — \$385.00**

☐ **Single Occupancy — \$425.00**

☐ **Commuter — \$275.00**

If double occupancy, preferred roommate:

Payment. Registration Fee: \$ _____

☐ Payment enclosed

☐ Venmo @RNeal-Siler

☐ Credit Card # _____ Exp _____

For Credit Card payments, for security, please call The Healing Place
804.277.3831

Special Needs

Please note any dietary, lodging, accessibility, or other accommodations:

Registration

Register by email: Thehealingplaceva@gmail.com

Or call: 804.277.3831

Meals and lodging are included in the registration fee.