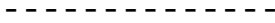


ABOUT US

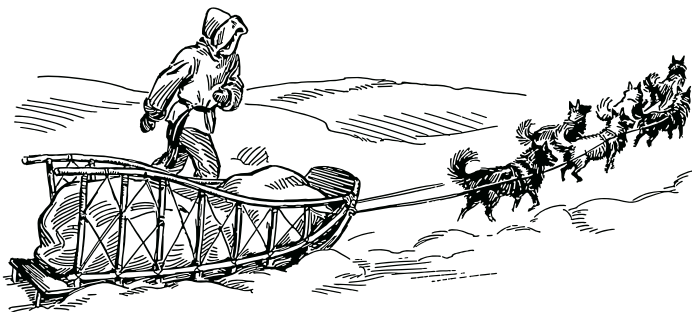


WHAT IS OPEN CIRCLE?

A diverse community of McMaster students where we...

- Discuss spirituality and other aspects of life in an open and safe environment
- Find perspective and guidance
- Volunteer in the community (through CVC)
- Explore diversity and build friendships

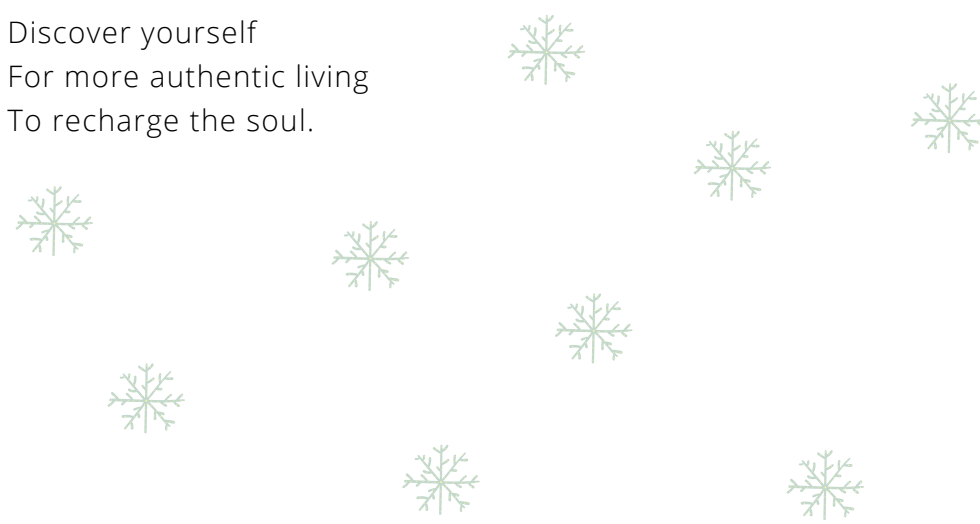
www.OpenCircle.mcmaster.ca



OPEN CIRCLE AND CVC **WINTER RETREAT**

Disconnect to Reconnect

Discover yourself
For more authentic living
To recharge the soul.



JAN.
10TH-12TH
2020





Reconnect to your authentic self through a weekend retreat filled with opportunities to recharge yourself, connect with others, and get back in touch with your center. Awaken to your life as you uncover where you are now in your story and reflect on where your story is taking you. This retreat serves as a quiet space to re-center and focus on the parts of ourselves that want to be heard.

Engage in contemplation and community through hiking, reflective exercises, creative arts, meditation, cooking and sharing meals. Connect with others by sharing your story and listening deeply to theirs. Take this chance to ask questions of your inner self and listen for meaningful answers.



ITEMS TO BRING!

1. Sleeping bag/bedding
2. Pillow cases
3. Flip flops for shower
4. Slippers
5. Towel + Toiletries
6. Warm clothes
7. Notebook, journal, sketchpad
8. Games
9. Health card
(please pack light!)



Location & Transportation



Crieff Hills Retreat Centre (40-min drive N. of Hamilton)

A cozy house that is surrounded by trees, woodlands, and nature trails.

Leave: **Friday, Jan 10th at 5:30 pm**

Return: **Sunday, Jan. 12th at 4:00 pm**

Transportation provided for above times! Looking for drivers to help (gas will be reimbursed)

*If you wish to join in later or leave early, you will need to arrange your own transportation.

Cost

includes transportation, accommodations, food (vegetarian options), and activities/materials

- Student (Early Bird Price, by Jan 3rd): \$125
- Waged Alumni (Early Bird Price, by December 11th): \$195
- Student (from Jan 4th): \$140
- Waged Alumni (from December 12th): \$215

*Bursary available for undergrad students

- contact leismb@mcmaster.ca

*Cheques payable to MSU Open Circle

*E-transfer to info@studentopencircles.com (please send an email regarding name, student # and e-transfer password)



TO REGISTER:

1. Complete the form at www.OpenCircle.mcmaster.ca/retreat
2. Arrange to give your **\$50 non-refundable deposit** to a Reflection Circle Facilitator, by e-transfer or arrange to drop it off by contacting: info@studentopencircles.com. Your spot is only reserved once deposit has been paid.

Space is limited! Register now to secure your spot!

Questions? Please contact open@mcmaster.ca

