

*Registration Form:*

*A Time for Healing*

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Congregation: \_\_\_\_\_

Telephone: \_\_\_\_\_



*We are handicap-accessible.*

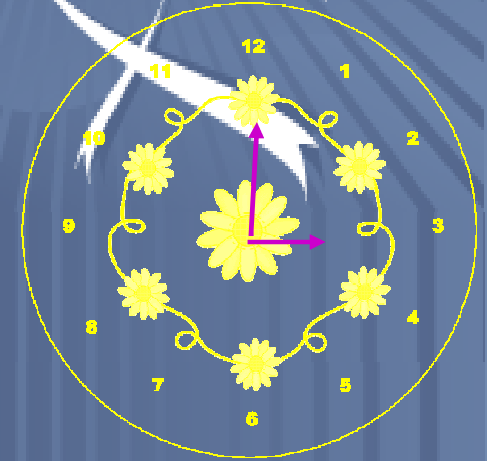
*For Further Information:*



*The most beautiful stones  
have been tossed by the wind  
and washed by the waters  
and polished to brilliance  
by life's strongest storms.*

*Registration Secretary  
Emmaus House  
21 Main Avenue  
Ocean Grove, NJ 07756  
Phone: 732 - 776 - 5458  
Fax: 732 - 776 - 7065*

*A Time  
for  
Healing...*



*...in a safe and  
sacred space*

*Available  
October through May*

## Overview

*This program is not just about physical healing. The content is based on an old philosophical truth about healing: It's not just a science, it's a way of living.*

*Enjoying a healthful life requires that we align our outward experiences with the intentions of our soul. It requires that our thoughts reflect our needs, and not the demands and desires of other people or our conditioning.*

*By managing what we think we can, we can create a life that supports good health. We need to expand our perception of healing and see it more as freeing ourselves from all the contributors behind illness, even those that are buried deep within the recesses of our mind and body.*

*Most important, a healing life asks us to live filled with the compassion and love of the soul ~ for these are the greatest healers of all, and serve as the fundamental tenets behind the art of healing.*

*Come as you are...*

*All will be well.*



## Program Components

*Participants can avail themselves of:*

*Eucharist*

*Prayer*

*Ritual*

*Spiritual Direction*

*Counseling*

*Body Work*

*Relaxation Techniques*

*Supervised Exercise*

*Jacuzzi*

*Creative Art*

*Stress Management*

*Personal Time and Relaxation*

*Nutrition for mind and body*

*Our Retreat House is located in the cozy town of Ocean Grove, New Jersey. It is one block from the ocean and, as you know, the sea offers great moments of healing and meditation.*

*A beautiful boardwalk offers great views of the ocean and is a wonderful place to stroll and relax.*

*From our porches you can get a magnificent view of the boardwalk, the wide sandy beach and the majestic Atlantic Ocean. You can also meander through town to see the many charming Victorian homes and shops.*

*Indoors, we have a beautiful Jacuzzi which provides therapeutic and relaxing moments.*

*Rooms are private and have their own air-conditioning and heating units. Private baths and telephones are also provided.*

*Sheets, towels, and bedding needs are supplied.*

*Meals are delicious and nutritional and special needs regarding food will be honored.*

