

REGISTRATION FORM:

Workshop: Spirituality of Letting Go

Name: _____

Address: _____

City State Zip code

Birth date: _____

Congregation: _____

Telephone: _____

Deposit: \$100

Make checks payable to:

Emmaus House, Inc.



We are handicap-accessible.



Return registrations to:
REGISTRATION SECRETARY
EMMAUS HOUSE
21 MAIN AVENUE
OCEAN GROVE, NJ 07156
PHONE: 732 - 716 - 5458
FAX: 732 - 716 - 7065

Download copies of this brochure at
[www. Emmaushouse.com](http://www.Emmaushouse.com)



A workshop for women
seeking gifts from the
sea!

July 5 - 31

OVERVIEW

Each summer women come to our house in Ocean Grove, New Jersey to experience the wonders of the sea while they engage in a program of growth, education, relaxation, energy and therapy.

PROGRAM COMPONENTS

Body Work
Counseling
Creative Art
Education
Exercise
Eucharist
Meditation
Personal Time
Stress Management



The program is goal-oriented and focused.

Goals give our life direction.

Self-care and Self-responsibility move us to God's will and plan for our lives.

Our freedom begins when we start to deal with our own issues.

How do we let go

of anger

of denial

of fear

of shame

The program is time-limited.

Length of stay is 26 days.

The cost of the program is \$2000 and that includes all the program components.



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.

Access to the beach is available. Beach towels, chairs, umbrellas, etc. are provided.

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

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

Rooms are private and have their own air-conditioning and heating units. Telephone and internet access is also provided.

Sheets, towels, and bedding needs are supplied.

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