



### *Accommodations*

#### **IF YOU REGISTER BY AUGUST 31**

Private room **\$820**

Shared room **\$685**

Commute **\$520**

#### **IF YOU REGISTER AFTER AUGUST 31**

Private room **\$860**

Shared room **\$720**

Commute **\$545**



*Enjoy an alcohol-free  
New Year's Eve  
featuring hors d'oeuvres,  
home-cooked dinner,  
a lively music and dance concert, and  
candlelight Meeting for Worship*

### *Registration*

Visit [www.pendlehill.org](http://www.pendlehill.org),  
or call ext. 137 at 610-566 4507  
or 800-742-3150 (toll-free in US)

338 Plush Mill Road

Wallingford, Pennsylvania

610-566-4507 or 800-742-3150 (US only), ext. 137

[www.pendlehill.org](http://www.pendlehill.org)

**DECEMBER 28, 2019—JANUARY 1, 2020**

## Open Heart, Peaceful Mind

*A Retreat for Rest and Reflection with Valerie Brown*

Relax into a time of serene rest and renewal. Open to the new year's unfolding with a retreat that honors your heart, mind, and soul. Practice mindful meditation in the rhythms of daily life with sitting, walking, and eating meditation, as well as mindful dialogue. Savor sustained periods of silence, quiet reflection with poetry and stories by the fireplace, small and large group discussion, an afternoon in the art studio, laughter, a labyrinth walk, and deep relaxation. Restore your spirit and enter the new year with greater calm, clarity, and energy — and ways to sustain yourself in the coming year. Limit 20

**Valerie Brown** is a Courage & Renewal®

Facilitator prepared by the Center for Courage & Renewal. A consultant and principal of Lead Smart Coaching, LLC, specializing in leadership and mindfulness training, she is a popular retreat leader and author. She has written several books and four Pendle Hill pamphlets, most recently, *Coming to Light: Cultivating Spiritual Discernment through the Quaker Clearness Committee* (PHP #446). Ordained by Thich Nhat Hanh as a lay member of the Tien Hiep Order, she is also a member of Solebury Monthly Meeting (PA) and a certified yoga instructor. For more information about Valerie, visit [www.leadsmartcoaching.com](http://www.leadsmartcoaching.com).



**PENDLE HILL**  
A Quaker Study, Retreat, and Conference Center