



Registration

Visit www.pendlehill.org, or call
Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Basic Cost \$ **125**
Subsidized Cost \$ **100**
Plus Cost \$ **150**

*REGISTRATION DEADLINE
DECEMBER 20*

Limit 20, Register Now!

Program schedule:

*11:00 am –12:30 pm ET
each day*

*Each participant will also be
invited to enjoy an online
musical concert December
30th, and candlelight
Meeting for Worship via
Zoom from
11:00pm-midnight
December 31, 2020*

338 Plush Mill Road

Wallingford, Pennsylvania

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

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DECEMBER 28, 2020—DECEMBER 30, 2020

What Love Requires: Heart-Opening Practices for Mindful Awareness, Peace, and Compassionate Action

A New Year's Retreat Online with Valerie Brown

Three 90 minute sessions 11:00 am-12:30 pm ET each day

Exhale deeply and savor this very special time of year with a retreat designed to reset your body, mind, and spirit with practices that you can apply in your daily life. This retreat includes mindfulness meditation, small and large group discussion, periods of rest and renewal designed to open your heart, build resilience, and foster compassionate action with clarity of purpose.

Leave the retreat with practical skills to apply even in the most challenging situations, and deepen your spiritual commitment to a life lived with an open mind and peaceful heart.



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.



PENDLE HILL

A Quaker Study, Retreat, and Conference Center