

SELF- HEALING PRACTICES FOR A HOLISTIC LIFESTYLE

Spring

April 26 - May 1, 2009

¹Philosophy of Religion

Discover philosophies of life as they pertain to recognized religions, and explore how religion uses philosophical tools to evaluate doctrines. How can these religions open themselves to the New Earth, and how can they be channels for transformation?

David Miller, LaCrosse, WI

² Sociology of Religion

Discuss the social aspects of religion, and learn why religion cannot be separated from society, and vice-versa. We will discuss social structure and the relationship between the individual practitioner and his or her religious community.

Rev. Dr. Sam Boys, Plymouth, IN

³ Religious Art and Architecture

Join us as we learn about religious art and architecture, and discover why these mediums have played such an important role in how people experience religion and spirituality. Discover the methods of studying the visual arts.

Gordon Ligocki, Ancilla College

Summer

July 19-24, 2009

¹Angels and Angelic Communication

Explore theological and scientific theories for a full understanding of who and what angels are. Learn how to communicate with your angels for guidance, healing, and balance in your life.

Dr. Barbara Stone, Millersburg, OH

² Techniques for Remembering and Understanding Dreams

Dreams are our unconscious source of wisdom. Explore the hidden meaning in your dreams. Discover your inner truth. Realize your strengths and capabilities. Facilitate healing.

Sr. Olga Wittekind

³ Positivity Class

Humor, optimism and positive emotion not only improve health and well-being, but make life worth living. Positivity Class, based on the latest research in the fields of positive psychology and mind/body medicine, helps participants develop skills and implement strategies to keep their positivity flowing. Want more help, laughter, creativity, optimism, social connection, and meaning in your life? Come on, it'll be fun!

Mary Labuziowski, MS, CLL, Plymouth, IN

Fall

September 13-18, 2009

¹Experience the Benefits of Self-Hypnosis

Hypnosis is the way to access the deeper mind's potential and achieve benefits you dreamed of. Relax! Experience the mental, physical, and emotional benefits that self-hypnosis brings.

²Yoga

A class using principles of yoga that emphasizes modification of the poses for maximum benefit and safety. Make these the best years of your life, with a yoga practice that increases flexibility, balance, strength, and reduces aches and pains.

³Are we Really What we Eat?

Are you conscious of where the food comes from that you eat? We will learn about "eating consciously" and being aware how food can be natural medicine providing us with essential nutrients.



Lindenwood Elderhostel Programs

Elderhostel programs are experiences with college level courses for persons over 55. The programs at *Lindenwood* are sponsored in cooperation with Ancilla College and Elderhostel, Inc., an international educational movement throughout the U.S., Canada and more than 40 countries abroad.

To register for a program contact:

Elderhostel
11 Avenue de Lafayette
Boston, MA 02111-1746
Call (toll-free) 877-426-8056
Register online: www.elderhostel.org.

Location: The Center is located on the shores of Lake Gilbraith in Donaldson, IN, 8 miles west of Plymouth and 40 miles south of South Bend, just 2 miles south of Highway 30 on Union Road. The beautiful gothic style chapel, the surrounding farm fields and woods, lakeside grotto, and Way of the Cross create an environment that is peaceful and serene.

*Private bedrooms are available for an extra fee.
Commuter rates also available.*

Lindenwood
Retreat & Conference Center

PO Box 1
Donaldson, IN 46513-0001
Phone: 574-935-1780



2009

Elderhostel Programs at *Lindenwood*

***Self-Healing Practices
for a Holistic Lifestyle***

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