

CONSIDER A SILENT RETREAT

Feeling Overwhelmed by the Demands of School?

Lost Your Sense of Purpose and Well-Being?

Craving a Mid-Semester Escape?

Join other GT students for a silent retreat @ Ignatius House Retreat Center!

Retreats paid for by a generous gift from GT Alumni

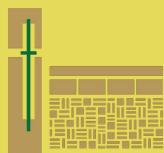
Discover Your Spiritual Well-Being

- Find Purpose
- Seek Harmony
- Show Compassion
- Practice Gratitude
- Nurture Self-Reflection



Ignatius House
JESUIT RETREAT CENTER

Encounter God... Everywhere





SPIRITUAL: Includes searching for and/or having a sense of purposeful existence and meaning in life, as well as seeking harmony with the universe, extending compassion towards others, practicing gratitude, and engaging in self-reflection.

Join Fellow GT Students for a Silent Retreat @ Ignatius House Retreat Center

- Welcoming All Religious and Secular Traditions
- 50 Private Rooms with Private Baths
- Gourmet Meals
- 20 Acres of Pristine Woodlands on the Chattahoochee River

what to expect

1. Silence
2. Forest bathing
3. Self-reflection
4. Spiritual growth
5. Discernment
6. Tools for well-being
7. Peace



example retreat offerings

- Spirituality of Nature - led by Dr. Rob McDowell, Oct. 20-22, 202
- Mindfulness - Nov. 17-19, 2023, Jan. 19-21, 2024, Apr. 19-21, 2024
- Science and Spirituality - led by Dr. John Cressler, May 3-5, 2024



Scan for more retreat offerings

where

Just 25 Minutes from Campus
6700 Riverside Drive, NW, Sandy Springs

when

Fall and Spring Semesters
Fridays 6:00pm - Sundays noon

recharge your spirit
reclaim your purpose

GT Program Coordinator:

Professor John D. Cressler, Regents Professor, School of ECE, GT

Interested? More Questions? E-mail Cressler: cressler@ece.gatech.edu