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

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