

# RETREATCENTRE

Schoenstatt Scotland 2013-14



Your journey to total relaxation and well being begins with a stay at the emotive and highly distinctive, Schoenstatt Scotland



## The Retreat Centre at Schoenstatt

### Renowned for being at the forefront of retreat design and development

By Centre Manager

Why not escape the stresses and strains of your demanding daily life. Few pleasures in life can match an exceptional retreat experience.

Why not target the classic signs of stress - headaches, neck pain and shoulder tension and their attendant effect on the skin. Revitalize and sense the deep relaxation for mind and body at Schoenstatt.

Enjoy the extraordinary peace and serenity of Schoenstatt Scotland, renowned for being at the forefront of retreat design and development. Let us offer you the opportunity to become an individual, group or family retreatant at

Schoenstatt. It will surely be an act of kindness to yourself.

- Full Retreat
- Accompanied Retreat
- Day Retreat
- Half Day Retreat
- Parish Retreat
- Parish Sodality Retreat
- Silents Retreat
- A Range of Curated Retreats
- Men's Evening Retreat
- Spiritual Guidance
- Meditation All Levels
- A Listening Ear
- Mindfulness (A range of offers)
- Lectio Divina
- Walking Meditations and much more

Sample Retreat Menu

