



On Going Programs at The Well

YOGA

Certified Hatha Yoga instructor introduces yoga poses, alignment, breathing and meditation.

Every Wednesday.

6:30—8:00 PM

Fee: \$10 session



LABYRINTH

The labyrinth, a spiritual tool for connecting to the Divine, is a circular pattern on which one walks, meditates and prays, enabling one to enter into a calm and centered peace.

Third Tuesday of each month.

Noon—8 PM. Fee: Free will offering

GROUP REIKI

Certified Reiki practitioners provide healing sessions to help you experience the unblocking of energy and the balancing of mind, body, emotions and spirit. Come and experience this ancient healing modality.

Second Tuesday of each month.

10:00—11:00 AM or 7:00—8:00 PM

Please register if you are coming to the PM group session

Fee: Free will offering

PRIVATE REIKI SESSION

Individual healing session to help unblock your energy and balance your mind, body, emotions and spirit.

By Appointment with Chris March, CSJ, Reiki Master

Call 708-482-5084. Fee: \$65

REIKI ATTUNEMENTS

Interested in learning more about this ancient healing modality and becoming a Reiki master?

Contact Chris March CSJ at 708-482-5084.

SPIRITUAL DIRECTION

Meet with an experienced spiritual director to grow in personal insight and spiritual understanding, recognizing more fully the action of God in your daily life.

By Appointment.

Fee: Starting at \$40

THERAPEUTIC MASSAGE

Experience the healing touch of a therapeutic massage offered in the quiet, peaceful atmosphere of The Well.

By Appointment with Chris March, CSJ, Massage Therapist

Call 708-482-5084.

Fee: \$65

COME AND PAINT

These sessions bringing participants to greater self awareness through painting are open only to former "Come & Paint" retreatants.

First Saturday of the month. 9 AM—Noon.

Fee: \$10

GRIEF COUNSELING

Assistance in alleviating the pain of loss, either recent or past, from a licensed counselor is offered in the peaceful atmosphere of The Well.

By appointment with Cecilia Kaiser, MS.

Call 708-528-0200. Offering: Adjustable rates

PEACE PRAYER

This "holy hour" is set aside each month to pray for peace in our divided world. All are welcome to pray together for this important intention.

Third Friday of the month

7:30—8:30 PM

Motherhouse Chapel



HOSPITALITY

Rooms are available at The Well and/or in the CSJ Motherhouse for your individual or small group needs. [Group sizes from 7—40 persons. Overnight accommodations limited to 13.] Days of prayer and reflection, meetings, workshops, etc. may be arranged by calling 708-482-5088;

or, email the well@csjlagrange.org.

Fee: Information available upon request.



The Well

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