

Offerings at the Center

The Cosmic Walk A 0.2-mile trail woven into the woods that tells the story of our shared existence. It evokes a sense of sacredness and unity of all created life as one walks the path. The Cosmic Walk has been recreated worldwide in a variety of ways and we are proud to have a walk of our own.

Gardens We're honored to be able to grow our own produce here at the Center. With 15 raised beds that sustain a multitude of vegetables, herbs and edible flowers, we're able to prepare fresh and nutritious meals for all our guests. We also have two perennial gardens. Our gardens support all types of pollinators - wild bees, honeybees, hummingbirds and butterflies.

Walking Trails The Center is located on 35 acres with various trails weaving through the property; some through our gardens, others around the pond and under the willow trees. We encourage guests to explore and immerse themselves in the beauty of this land.



Exercise

your unique creativity

*Expand
your connections*



*Feel like you need more play, serenity,
and creativity?*

*Looking for a connection between all
of these?*

This weekend event is hosted by Mercy Ecospirituality Center. In the spirit of their mission, this retreat is being offered by the facilitators to anyone who seeks the time to appreciate nature's offerings, explore their creativity and spark their spirit through art, yoga, meditation, mindfulness, and community.

This retreat is for **all levels**, from *established* creators and mindfulness practitioners to those seeking a *first-time* experience in a safe, judgment free space



For additional information contact:

beth@bethmurphybotanicals.com

or

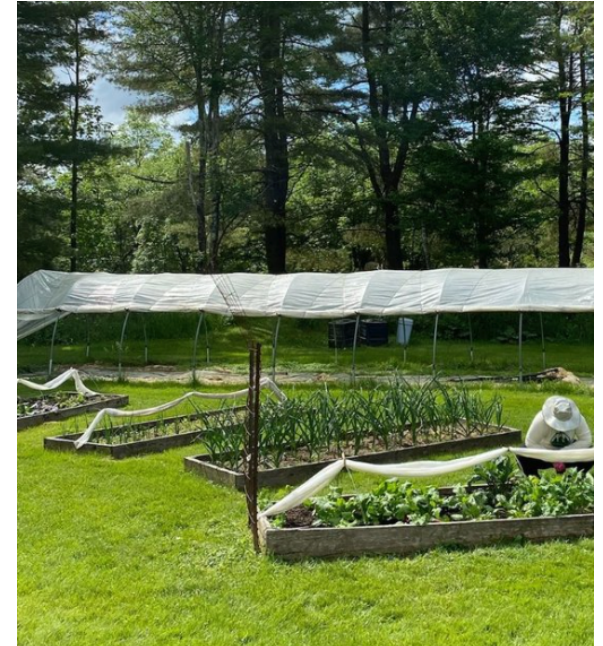
evolpe@mercyecology.org

[\(802\) 537-4531](tel:(802)537-4531)

Accommodations

Guest Rooms

The farm house has six guest rooms, each with two beds for single or double occupancy; one bedroom is on the first floor. All baths are shared. Bed linens and towels are provided.



Daily Meals

Three simple, nutritious meals are provided each day and can accommodate any special dietary needs. We use produce grown in our own gardens and do our best to supplement with locally grown and/or organic ingredients.

Electric Vehicle (EV) Charger

We have an accessible electric car charger available for use during your stay.

Wireless Internet (Wi-Fi)

Wireless internet is available throughout the farm house.



Your Retreat Leaders



Beth Murphy, M.Ed, is a Vermont based artist working in mixed media collage, primarily with pressed botanical materials. Beth will help explore the possibilities for serenity and spirituality through stress-free artistic classes. www.bethmurphybotanicals.com

Linda Metcalfe, RTY200, is a Vermont based certified mindfulness and yoga instructor whose meditation and yoga will encourage you to awaken your creative spirit. www.passages2wellness.com



Beth and Linda

bring their many years of practice in artistic and mindfulness endeavors, leading workshops and retreats together in a warm and welcoming manner that is supportive and enriching.



The Ecospirituality mission is to inspire reverence for Earth and to live in harmony with all of creation.

At Mercy Ecospirituality Center, we've come to know our connection to nature as a spiritual practice - one that invites us to contemplate and engage with the world in an intentional way. Dedicated to developing a more insightful and meaningful relationship with self and the world around us, our community focuses on connecting people with nature and healing the earth by weaving together practices like local outreach, gardening, beekeeping, farming and sustainability.

Dates: Friday, June 21, 2024, 6pm to Sunday, June 23, 1pm

Retreat price includes:

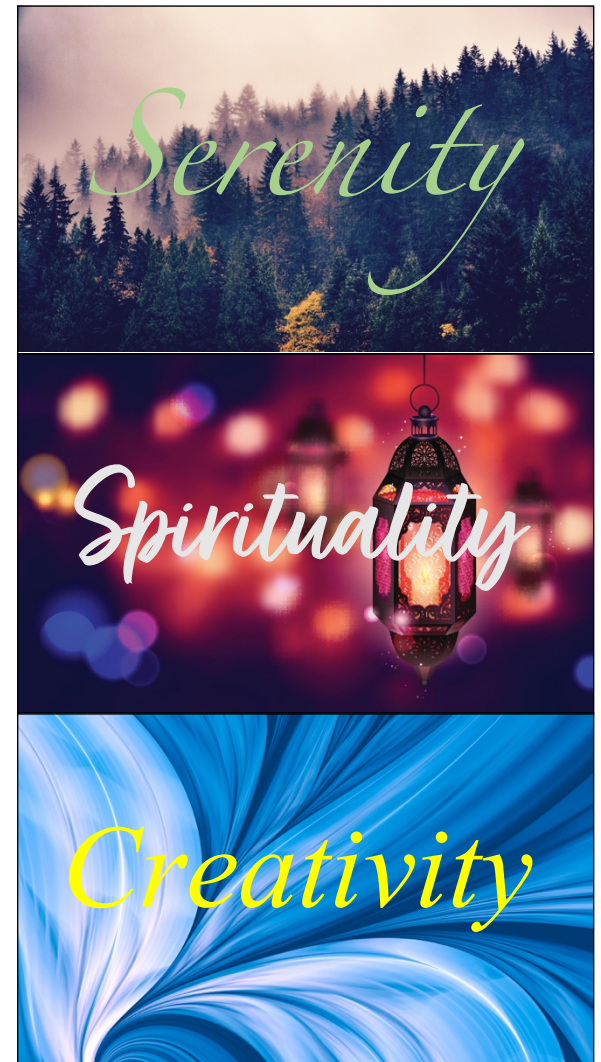
- Food and lodging Friday PM through Sunday AM
- Use of Center's grounds for solitary and group activities
- Creative and mindfulness based programming throughout the weekend

Price: \$250

Please inquire if interested in attending retreat without overnight accommodations



"As we witness the on-going chaos of our planetary home, there arises within us a deeper and more urgent longing for connection, with others, with the greater Earth community. Some claim we need to turn to an eco-spirituality, one that recognizes our role in that community. More and more of us recognize that, rather than learning eco-spirituality, it is instead allowing it to resurface within us and to reclaim US" From Mercy Ecospirituality website



A weekend retreat of exploration within nature, art and mindfulness

June 21 – 23, 2024