

Stressed Out by the Rigors of School?

Lost Your Sense of Purpose and Well-Being?

Need an Off-Campus Mid-Semester Recharge?

Consider a Silent Retreat!

Completely Paid for by GT Benefactors!



8 Dimensions of Student Well-being

Your Spiritual Well-Being

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.

Intrigued? Turn the Page!

Join Other GT Students for a Silent Retreat!

@ Ignatius House Retreat Center

- Welcomes All Religious and Secular Traditions
- 50 Private Rooms with Private Baths, Gourmet Meals
- 20 Pristine Wooded Acres on the Chattahoochee River
- **Where:** 25 min. from Campus (6700 Riverside Drive, NW, Sandy Springs)
- **When:** Fall and Spring Semesters (Friday 6:00pm – Sunday noon)
- **What to Expect:** Silence, Forest Bathing, Self-Reflection, Spiritual Growth, Discernment, Tools for Well-Being, Peace

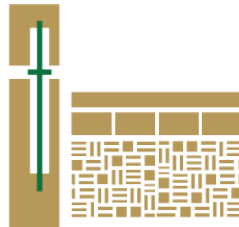


Example Retreat Offerings:

- “Spirituality of Nature” (led by Dr. Rob McDowell, Oct. 20-22, 2023)
- “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)
- For More Retreats, Visit the Calendar at the Link Below

Ignatius House
JESUIT RETREAT CENTER

Encounter God... Everywhere



<https://ignatiushouse.org/>

GT Program Coordinator:

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

Retreats Paid for by a Generous Gift From GT Alumni That Care

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