

# Spirit Spa

@ Seton Cove Spirituality Center

Winter/Spring 2010

## Rest, Replenish & Revive Your Spirit!

Relax in the serene environment of St. Mary's of Michigan Seton Cove as you **de-stress** and **reconnect** to your spirit and things that bring you joy. Enjoy **fun**, food and **fellowship**. Leave **feeling refreshed** and armed with tools to **better navigate life's journey**.

### ~ Super Charge Your Spirit ~

**For the LOVE of It**  
**March 10**

2:30 to 4:30 p.m.

Designed to help you mix loving what you do with doing what you love.

Cost: \$15\*

#### To register:

St. Mary's of Michigan associates register on SMART (search "spirit spa"), all others call Seton Cove.

#### For more information:

Call Seton Cove @ 989.907.8213.

(\*St. Mary's of Michigan associates attend for FREE as an Official Leave Day)

### ~~~~~ Half-Day Haven ~~~~~

**Walk This Way:**  
**A Guide to the Labyrinth**

Learn the stress-reducing and healing benefits of the walking path during this quiet, reflective program.

**June 15**

Morning (8:30 a.m. - 12:30 p.m.)  
or Afternoon (noon - 4:00 p.m.)  
Both sessions include lunch.

Cost: \$30\*

St. Mary's of Michigan Seton Cove  
1647 S. Washington Avenue,  
Saginaw, MI 48601

**NEW**

### ~~ Serenity Day Escapes ~~

**Exploring Our Heritage & Mission**  
**Jan. 13**

**Healing, Forgiveness  
& Letting Go**  
**Feb. 16**

**Stress and Dealing  
with Difficult People**  
**March 23**

**Exploring Our Heritage & Mission**  
**April 27**

**Celebrate What's Right  
with the World**  
**May 18**

8:30 a.m. to 4 p.m.  
Continental breakfast & lunch included  
Cost: \$45\*