

Spring Renewal Retreat

# THE INHERENT JOY OF BEING HUMAN

May 31, 2020

Led by Spiritual Advisor Rev. Michael A. Lewis, MA

**When:** May 31, 2020, 9am-4:30pm

**Where:** Meet at Harmony at 9am at the Admissions Building (Madigan Building)

**What:** Half Day on Harmony campus, half day off campus in Rocky Mountain National Park

## REGISTER TODAY

[harmonyfoundationinc.com/retreat](http://harmonyfoundationinc.com/retreat)

**Cost:** \$50

**Max participants:** 16

Lunch is provided by Harmony

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Through the survival of the common difficulties that come with human life, and especially through the struggles associated with recovery from drugs and alcohol, as well as from other negative behaviors that cause us and others harm, we can not only lose track of the our reason to be, but in our basic attempts to survive, we can become confused about the fundamental healthy sources of human happiness. Busy lifestyles, hours spent gazing at digital screens, the needs of children, spouses, family, and partners, and the responsibilities of modern life can be physically exhaustive, emotionally draining, mentally numbing, and can dry up our access to the openness and lightness that comes with spiritual connection. Spiritual retreats are designed specifically to help us slow down, ease the mind, relax the body and emotions, and reconnect to something deeper and more profound than our ambitious and responsible agendas. Inherent in human nature is the potential for great joy on a momentary basis—this is the carrot the spiritual masters have held out in front of us for thousands of years. Join former Harmony Spiritual Advisor Mike Lewis for a day of spiritual renewal and exploration into the depths of this precious human experience.

This retreat will consist of seated and walking meditation, gentle Yoga, time spent in the outdoors in Rocky Mountain National Park (weather permitting), journaling, and group sharing and processing.

### MIKE LEWIS



**MIKE LEWIS MA**

*Spiritual Advisor/  
Addictions Counselor*

*Mike is an ordained Zen Buddhist monk and priest and lives at Maitreya Abbey, a monastery and retreat center in Berthoud, Colorado. Mike received his graduate degree in Contemplative Psychotherapy from Naropa University and his undergraduate degree in Outdoor Experiential Education from Appalachian State University. He worked as a Spiritual Advisor and Detox/Lead Counselor at the Harmony Foundation from 2017-2019 and was on faculty at Naropa University during those same years. Mike has been practicing Yoga since 1994 and teaching since 1997. He currently leads Zen meditation and Yoga retreats and works as a psychotherapist, addictions counselor, and spiritual advisor across the Colorado front range.*

