

## Mid-Week Special

For those who can get away during the week we offer the same package at a reduced rate. Enjoy the same opportunities for only **\$200** per person.

## Bring Your Group

Do you have a special small group that you want to share time together for a weekend get-away? They might be a book group, a craft group, soul-friends, clergy or just good friends or family.

Design the retreat that fits your needs. We can accommodate up to seven with some shared rooms. Use this package offering as a guide for planning what you would want us to provide.

You might just want a day experience with meals or you might want to provide your own as we have a full kitchen in our guest house and picnic facilities on our grounds. Call to make arrangements—we can provide your group with a very special, nurturing experience.



The resident community of Heartland Farm is committed to a strong Care of Earth ethic. This is expressed through choices both personal and communal which respect the health of the planet.

The farmstead complex includes a guest house for individuals or small groups, homes for the resident community, a 100-year old barn, office space, a massage studio, gift shop and space for our alpacas and chickens. A straw bale arts studio includes a pottery and fiber arts space and a more remote straw bale hermitage offers off-the-grid solitude.

**How to find us:** Though we have a Pawnee Rock address, we are really located in Rush County so do not rely on Internet directions. **From Great Bend:** Take 10th Street west from Patton Rd. (4-way stop) which becomes Barton County Rd west for 13 miles. When it enters Rush County it is a gravel road. Continue to the first crossroad, CR 390, turn left (south), go 1/2 mile to our mailbox on the right, turning right on to our driveway. Please call or e-mail for directions from other locations.

Heartland Farm  
1049 CR 390  
Pawnee Rock, KS 67567  
620-923-4585 hfarm@gbta.net



Dominican  
Sisters of Peace  
Sisters and Associates  
in Mission

## RETREAT PACKAGE



*Oneness with earth heals*

## CHOOSE A PACKAGE THAT FITS YOUR STYLE

We would like to offer a very special time away customized just for you..



Select a package for a weekend or equivalent that includes the elements that you most want for your retreat time: time for rest and solitude; opportunity to share and connect; time and means for creative expression; input and guidance for the spirit; discovering ways to relax and nurture yourself.

This package can be arranged for an individual or for a small group—see back for the special mid-week option. You can relax in our comfortable guest house, enjoy the quiet peace of the Farm, have delicious wholesome meals and tailor your time just for YOU.

### Schedule:

**Arrival: Friday evening**

**Saturday: Breakfast**  
(in your Retreat Space)  
**Activities as arranged**  
**12:00 Lunch**  
**6:00 pm Supper**

**Sunday: 11:00 am Brunch**  
**Departure**

## The Menu

### ***The Weekend Package***

Basic weekend from Friday evening until Sunday noon. Includes room and 4 meals, plus **2** elements below of your choice and a selection of any “sides” to round out your time. **\$225** per person

***Choose two of the following components of your customized retreat package:***

### ***Therapeutic massage*** Choose:

A relaxing one-hour massage scheduled with Sr. Mary Ellen Dater.

### ***Guided Retreat Input*** Choose:

Have one of our staff offer input, facilitation and tools to go deeper.

### ***Guided Labyrinth Walk*** Choose:

Experience a special guided labyrinth walk to suit your needs, and the Spirit's leading.

### ***Natural Nurture*** Choose:

Enjoy a selection of our handmade products, learn about foods and other self-care techniques.

### ***Spiritual Direction*** Choose:

Spend time with an experienced spiritual guide to explore life issues.

## The Sides

In addition to the basic elements of your retreat, we offer additional opportunities that you may arrange to have available during your time. These can be scheduled upon your arrival though you need to let us know your choices at registration.

***Fiber Connections:*** For experienced fiber artisans who wish a brush up or wanting inspiration: Have a 2-hour session with one of our fiber experts. Use our equipment or bring own tools.

***Exclusive Farm Tour:*** Have a personal tour of the whole Farm, the animals, gardens, craft facilities, plus history & more.

***Self-Guided Labyrinth Walk:*** Use our special guide cards to create your own walk when you want it.

***Arts Activities:*** Use our craft materials to create your own expressions using paints, dried natural objects, and other craft media. Space for your own work, too

***Outdoor Adventure:*** Spend time with our animals, go for a nature walk, use our guide books, binoculars, etc.

*Check those activities that you want to make a part of your time here:*

**Choose:**  
 **Spinning**  
 **Weaving**  
 **Knit/**  
 **crochet**

**Choose:**

**Choose:**

**Choose:**

**Choose:**

### **Heartland Farm**

1040 CR 390  
Pawnee Rock, KS 67567  
Phone: 620-923-4585  
E-mail: hfarm@gbta.net  
www.heartlandfarm-ks.org  
“Like” us on Facebook