The Spiritual Practice of Contemplative Photography

With Retreat Leader: Ingrid Cyros

Tuesday, October 6, 2020
9:30am-3:30pm

When we are moved by what we see and we reflect on what is before us, our story unfolds.

Images convey meaning; and each person has a unique way of seeing. Through a contemplative prayer practice of integrating photography, poetry, sacred text, and journal keeping, we will find stillness in the midst of life’s transitions. In this Day Apart Retreat, we will share this practice with each other in hopes of cultivating the ability to see below the surface, and to be open to what may be unfolding in the present moment. We will go outside to take pictures, and you will be guided through various aspects of the practice including meditations (to begin and end the practice), and prompts such as, “What is going on in my life that I can express through this particular image?” By the end of the day, you will be equipped to integrate the practice into daily life, and will leave with the beginnings of a photo journal, and “take away” resources. The emphasis of the day will be on the artistic and spiritual process, over the technical aspects of photography. A smart phone is sufficient for taking pictures.

Ingrid Cyros is a workshop and retreat facilitator, and life-long artist whose passion is to explore the relationship between creativity and spirituality. She has led classes to introduce the practice of integrating photographic image and journal keeping for commemorating, healing and celebrating. She has presented her personal photographic, “Mourning Journal” to professional, academic, and religious groups, to encourage the use of art for processing loss.

Ingrid earned a M.Div. and Certificate in Spiritual and Pastoral Care, at Andover Newton Theological School, in 2013. She lives in Newburyport with her husband, and is the mother of two adult children.

REGISTER ON-LINE at www.rollingridge.org

Registration: $74 (Includes lunch)

Purchase a “Day Apart Passport” and attend 3 retreats for $189. SAVE 15%

We suggest an arrival time of 9am.

Please let us know upon registration if you have dietary restrictions.

Rolling Ridge

Retreat and Conference Center

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