



*Selah Center*  
... a place to pause

## ***“Living from the Heart”***

A one-year course to deepen your contemplative experience with God

### **General Information**

#### **Each of the 4 Modules in this program will include:**

Approximately 18 hours of face-to-face class time (3 six-hour sessions or retreat per module)  
Required readings with written responses to the reading and other topics  
Active involvement of all participants in the various classes, retreats and other activities.

#### **Location**

Regular classes will be held at Selah Center (3419 Harborview Drive, Suite 201, Gig Harbor, WA)

#### **Course Fees**

The total cost of this training program is \$800 (includes application fee).  
Module course fees may be paid in full at the start of the first class session or in two (2) installments of \$400 each at the start of Module 1 and Module 3.  
This does not include books for required reading or personal spiritual direction sessions.  
Payments can be made with cash or personal check in US dollars.

#### **Application Process**

Please complete the “*Living from the Heart*” Application Form  
Return your completed form with a non-refundable fee of \$25 to the Selah Center (address below)  
(*Note: this fee applies to your overall cost of this course*)  
A Selah Center representative will contact you regarding the status of your application.

#### **Spiritual Direction**

You are asked to begin or continue spiritual direction as a directee throughout this course, which is one of the best ways to learn what Living From the Heart is all about! If you would like help finding a spiritual director, please contact us and we can help you connect with someone.

#### **Application Deadline is November 1, 2009**

#### **There is a limit of 18 participants for this course.**

**Note:** “*Living from the Heart*” course is a pre-requisite for “*The Art of Spiritual Direction,*” an optional follow-up 18-month course focusing on particular elements and experiences that shape us in becoming Spiritual Directors who companion others in their journey of faith with Jesus Christ.

#### **Contact Person**

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