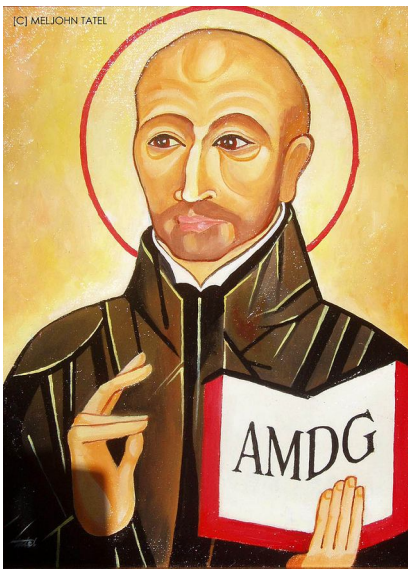


# THE SPIRITUAL EXERCISES OF ST IGNATIUS OF LOYOLA

## As a Retreat in Daily Life



The Spiritual Exercises of St Ignatius have been the most influential Christian spiritual exercises of the past 500 years. Ignatius of Loyola founded the Society of Jesus (Jesuits) in Spain in the 1500's. He developed a series of exercises which are specifically designed to lead people into a deeper relationship with their God.

At Roy's Retreat these are offered as a 'Retreat in Daily Life' over 30 days where you set aside 45 minutes a day to experience the exercises. As such, they can be done as part of your everyday life over a month. You would need to commit to finding 45 mins a day for prayer for 30 days and to meet with a Spiritual Director weekly for an hour. This is a wonderful opportunity for any spiritual seeker.

**We offer the Exercises of St Ignatius (the Light Exercises – 18<sup>th</sup> Annotation) starting the 1<sup>st</sup> of every month.**

Cost: By donation

Contact Roy's Retreat by phone (08) 85564686 or email [roysretreat@gmail.com](mailto:roysretreat@gmail.com) or visit [www.roysretreat.com](http://www.roysretreat.com)