

Bring your partner, a friend, or come alone to L'abri la Vall,  
- a Christian retreat centre in Lavail, Sorède!



**Kit & Ann Hum**

**Magdalena & Björn Hedström**



Accommodation:

Choose between

- \* Double room de Luxe 89 € / night with double bed (160x200), private shower and toilet.
- \* Premium double room 79 € / night with double bed (180x200) or single beds (90x200), private shower and toilet.
- \* Standard Double Room € 69 / night with double bed (160x200) or single beds (90x190), shared shower and toilet.

Let us know if you might wish to share a room with another of the participants if you come alone.

Food and beverages:

Full board € 120 / person including:

Breakfast Tuesday-Thursday  
Lunch excluding drinks Tuesday-Wednesday  
Afternoon coffee Tuesday-Thursday  
3-course dinner excluding drinks Monday-Wednesday

Extra cost:

50 € / person for the retreat in addition to accommodation and full board.

Registration:

Booking is done via the website [www.labrilavall.com/reservation/prices](http://www.labrilavall.com/reservation/prices).  
Fill in the contact form at the bottom right of the page and enter "Approaching Easter" and wishes for accommodation.  
Booking confirmation with additional information will be sent with the notification.

# **“APPROACHING EASTER” 15-18 APRIL 2019**

TIME	ACTIVITY
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## **MONDAY 15 APRIL**

17.00	Retreat visitors arrive, checking in
17.30	<b>Introduction</b> – <i>What is planned for the next few days?</i>
	<b>Guidance</b> – Approaching Easter: <i>“Looking back on Lent”</i>
19.00	<b>Dinner</b>
20.30	<b>Evening Worship</b> followed by <b>Contemplative silence</b>

## **TUESDAY 16 APRIL**

08.30	<b>Morning Prayer</b>
08.45	<b>Breakfast</b>
10.00	Time spent together out of doors: <b>Guidance</b> – Approaching Easter: <i>“Focus on sacrifice”</i> <b>Picnic lunch</b> <b>Discussion</b> – <i>“How to get the best out of silence”</i>
15.00	<b>Tea/Coffee</b> <b>Discussion</b> – <i>“How to get the best out of prayer”</i> followed by <b>Contemplative silence</b>
19.00	<b>Dinner</b>
20.30	<b>Evening Worship</b> including <b>Themed Prayers</b> followed by <b>Contemplative silence</b>

## **WEDNESDAY 17 APRIL**

08.30	<b>Morning Prayer</b>
08.45	<b>Breakfast</b>
10.00	<b>Guidance</b> – Approaching Easter: <i>“Love poured out”</i> followed by <b>Contemplative silence</b>
13.00	<b>Lunch</b>
14.00	<b>Discussion</b> – <i>“How to get the best out of the bible”</i> followed by <b>Contemplative silence</b>
15.30	<b>Tea/Coffee</b>
16.00	<b>Guidance</b> - Knowing ourselves: <i>“An introduction to the Enneagram”</i> followed by <b>Contemplative silence</b>
19.00	<b>Dinner</b>
20.30	<b>Evening Worship</b> including <b>Themed Prayers</b> followed by <b>Contemplative silence</b>

## **THURSDAY 18 APRIL**

08.45	<b>Breakfast</b>
10.00	<b>Morning Service</b> including sharing bread and wine - Approaching Easter: <i>“The triumph of love”</i>
10.45	<b>Tea/Coffee</b> while sharing experiences
12.00	<b>Depart</b>