

How much time do you have to do something good for yourself?



At Manresa, we offer the space, the quiet and the resources to deepen your faith and grow closer to God, regardless of how much time you have.

5 hours

Sunday Afternoon Reflections

The afternoon includes two talks, time for private prayer/devotion, Sunday Mass and dinner to round out the day.
2:00-7:00 PM

8 hours

A Day to Call Your Own

Step away from the busyness of everyday life. Embrace the silence. Enjoy the comfort of your private room and a simple lunch. Spend the day however you wish — reflect, pray, walk the property, read or just be.
8:00 AM – 3:30 PM

40 hours

Conference Retreats

You will enjoy a private room, meals, presentations by retreat directors, time for Reconciliation or speaking with a

Call today to schedule your next retreat.

spiritual companion, private reflection on Manresa's beautiful campus and other spiritually-enriching options. Typically begin Friday evening and end Sunday afternoon

3-8 days

Individually Directed Retreats

Relax at Manresa with your own room, prepared meals and personal spiritual direction from a Jesuit, religious woman or experienced lay person. In summer, certain sessions are reserved for individual retreats; other dates can be booked year round depending on availability of directors.

30 minutes / 8 weeks

A Retreat in Daily Life

A condensed version of the Spiritual Exercises in Daily Life, this option similarly guides persons toward an intimate encounter with Jesus. It involves a commitment of 30 minutes of daily prayer in your home and a weekly meeting with a spiritual director.

60 minutes / 10 months

Spiritual Exercises in Daily Life

The Exercises are for those who seek to know Jesus more intimately, to love Him more deeply and follow Him more closely. Requires a daily commitment to prayer and reflection centered on the themes of the Exercises as well as a weekly meeting with a spiritual director.



MANRESA JESUIT RETREAT HOUSE

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