

alta mons

a contemplative retreat

11-14 March 2027 • *a retreat of presence in community*

Join us for a restorative retreat at Alta Mons, nestled in the heart of the Appalachians between Blacksburg and Roanoke, Virginia. This 850-acre retreat center is a historic place of pilgrimage for those seeking its healing waters and sheltering mountains.

This retreat will provide opportunity for periods of deep silence, contemplative practice, and community. The schedule will include a shared rhythm for silence and reflection, guidance to create or deepen your spiritual practice, and space to rest and reflect on the lessons of deep Presence. We will begin at 5pm on Thursday, March 11th and will conclude by 11am on Sunday, March 14th.

To register or for more information visit presenceincommunity.com/#upcoming-retreats. As spaces filled up quickly for previous retreats, we now provide an option to secure your spot with a $200 refundable deposit.

offering

- Centering prayer
- Sitting & walking meditation
- Contemplation in nature
- Yoga & Reiki*
- Circle processing
- Spiritual companionship
- Zen & Inter-spiritual dialogue
- Mindfully experiencing food

cost

Sliding scale from $350 to $1,000. Includes 3 nights of single or shared double lodging with shared bath, all meals, program, and instruction. Scholarships available.

location

Alta Mons Retreat Center
2842 Crockett Springs Road
Shawsville, VA 24162
https://altamons.org/

**Reiki will be provided as an optional add-on for an additional cost.*

About the lead facilitators & collaborators

The retreat will be guided by spiritual leaders local to the Appalachia region.



Brad Dulaney

he/him

Brad is a husband, father of four, and a pastor. He finds joy in making music, various spiritual practices, outdoor pursuits, and international mission and travel. Through it all, his greatest joy is sharing the with-God life with others who seek. He currently serves with the people of Blacksburg United Methodist Church, and lives with his extended family on their 6th-generation farm in the Blue Ridge Mountains of Virginia.



Ellen Birx

she/her

Ellen Birx is a Zen teacher (Roshi) and co-founder of New River Zen Community (www.newriverzen.org) in Blacksburg, VA. She is the author of several books including Embracing the Inconceivable: Interspiritual Practice of Zen and Christianity (Orbis, 2020) and Selfless Love (Wisdom, 2014). Ellen Birx is Professor Emerita at Radford University where she taught nursing for 32 years. She received her PhD in psychiatric nursing from the University of Texas at Austin. She is a member of Blacksburg United Methodist Church and enjoys hiking, swimming, and spending time with her family.

10th Anniversary

InStill Mindfulness

InStill Mindfullness is an official collaborator on this retreat. Based in the local Appalachia community, InStill Mindfulness has a vision to cultivate a mindful world for all.

About the supporting facilitators

The retreat will be supported by a group of friends and spiritual companions who met through the Center for Action and Contemplation's Living School and who have journeyed with each other in intentional contemplative community and practice for the past 5+ years.



Marion Gittings

she/her • MSW, LCSW

Marion is a social worker and psychotherapist and with over 30 years' experience. She sees the value and beauty in each person's story, honoring both the joy and pain that shows up in life. Holding space, providing strength, and encouraging exploration has enabled her clients to discover their innate spiritual wisdom, and deepen connections with themselves and others.



Steve Carroll

he/him • LCSW

Steve is a psychotherapist in private practice with a particular interest in the intersection of psychotherapy and spirituality in service of transformational experience. Steve's spiritual journey includes a deep appreciation for all spiritual traditions, particularly the mystical branches, as pathways to Sacred Unity.



Marc Craddock

he/him

Marc has been engaged in contemplative practice for 25 years. The integration of Marc's diverse spiritual background (Jewish, Christian, and Buddhist) enables him to transmit contemplative practices to a wide variety of people.

Local Facilitators

The retreat will supported by additional facilitators and practitioners to expand and deepen the retreat experience.

Announcement coming soon

About the sliding scale

In order to ensure the retreats we host are accessible to all who want to attend, regardless of financial circumstance, we offer a sliding scale, as well as full and partial scholarships. Choose the rate that works for you, or any rate in between, and enjoy the same retreat experience. Visit presenceincommunity.com/#upcoming-retreats for scholarship information or to register.

	Supported	Sustaining	Benefactor
Shared room / shared bath	$350	$550	$700
Single room / shared bath	$500	$750	$1,000

Supported
Covers the cost of the retreat center, lodging and meals

Sustaining
Helps cover the fuller cost of offering the retreat, including supplies, programming, and facilitation.

Benefactor
Helps sustain retreat accessibility by contributing toward the fuller cost of facilitation and scholarship support.