

In our modern world, in the midst of so much technology, we have forgotten that our bodies are a part of nature and need some basic care to stay healthy. Similarly our pace and life styles often inhibit us from noticing the presence of GOD.

However when we engage our health and spirituality we become fully alive. Developing and deepening this relationship is the theme of the Health and Spirituality Program.

No matter who we are, what we do, or what stage of life we're in we all need opportunities to reflect upon and examine our whole life, physically, mentally and spiritually, in order to make serious lasting changes.

At the Minnesota Institute of Contemplation and Healing we have developed the Health and Spirituality Program because ***we believe everyone has the potential of being authentically healthy and whole.***

This yearlong comprehensive healing program is dedicated to helping you pay attention to your complete self. You will be given specific tools, ***individualized direction and helpful encouragement from an experienced and diverse staff*** that genuinely cares about you and your quality of life.

No matter where you live, our Health and Spirituality Program will give you the personalized support you need on your journey toward becoming fully alive.



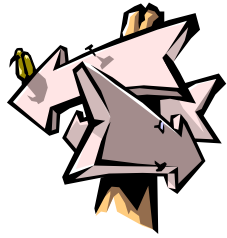
MICAH  
510 North Broadway  
Crookston, MN 56716

*An investment toward  
becoming the person you  
were created to be...*



*Micah*

Minnesota Institute of  
Contemplation & Healing  
[www.micahprays.org](http://www.micahprays.org)



*Are you wanting to improve the quality of your life*

But you're not sure how?

*Do you find yourself longing for more hope, beauty, and joy*

But don't know where to begin?

*Are you struggling to live with chronic illness in a healthy way*

But can't see how that's possible?

*Have you discovered that your healing and wholeness requires more than one visit to the doctor, an appointment with your counselor, or a Sunday Service*

But you don't know where to turn?

## ***The Health and Spirituality Yearlong Comprehensive Healing Program***

*The Health and Spirituality Program is available to you no matter where you live. Each of the following five components that makeup the program can be accessed either in person or over the phone.*

### **The Five Components of the Health and Spirituality Program**

- *Integrative Medicine Consultation and Evaluation*
- *A Personalized Program*
- *Monthly Reflection*
- *Discounts on Supplements*
- *Year End Evaluation and Life Plan*



#### **Is this for me? It is for you if...**

- ❖ You want to improve the quality of your life
- ❖ You're willing to make the effort for change
- ❖ You're ready to accept direction and encouragement from our staff
- ❖ You're able to embrace the truth that healing is not a quick fix but a patient and mindful life-long journey
- ❖ You live anywhere on this planet

## **2 Two Additional Healing Options**

### **▶ Clergy Program**

***This option is only available to ministry professionals***

This specialized program pays attention to the particular dynamics, challenges, and stresses of being a ministry professional. The Clergy Program includes the tailor made Health and Spirituality one year program as mentioned.

**We have also included the following additional support for clergy at no extra cost:**

- Two Spiritual Direction sessions
- The Book, "Leading a Life With God" by Daniel Wolpert
- Four private Consultations on Church leadership issues

### **▶ Add Ons**

***These can be added to the Health & Spirituality Program***

- Health & Spirituality Retreat
- Complete Physical Exam & Lab Testing
- Massage Therapy
- Acupuncture
- Spiritual Direction

If interested in applying or you have any additional questions or concerns please feel free to call us at (218) 281-4853 or visit our website:

[www.micahprays.org](http://www.micahprays.org)