

Hospitality for those seeking a time of silence and prayer.



# Today?

Young people arrive at monasteries with existential concerns, such as discovering their identity, understanding themselves, bringing order to their lives, and escaping the superficial distractions and pressures that erode their inner life. These concerns often conceal a deep desire to devote themselves to God, accompanied by fear, uncertainty, and a lack of self-confidence.

## What is a monastic retreat?

It is not a charismatic retreat but a retreat where you :  
Come and participate in the rhythm of daily prayers  
Enjoy moments of silence and personal reflection  
Engage in meaningful, humble work in the monastery  
Learn the joy of being a part of the community  
Experience how to listen to the Word of God as He speaks to you.

## Do you want to discern your vocation?

This monastic retreat can help you discover God's call.

*Does this inspire you and speak to you?*

## Our place is :

Ananda Matha Monastery

Cistercian Sisters

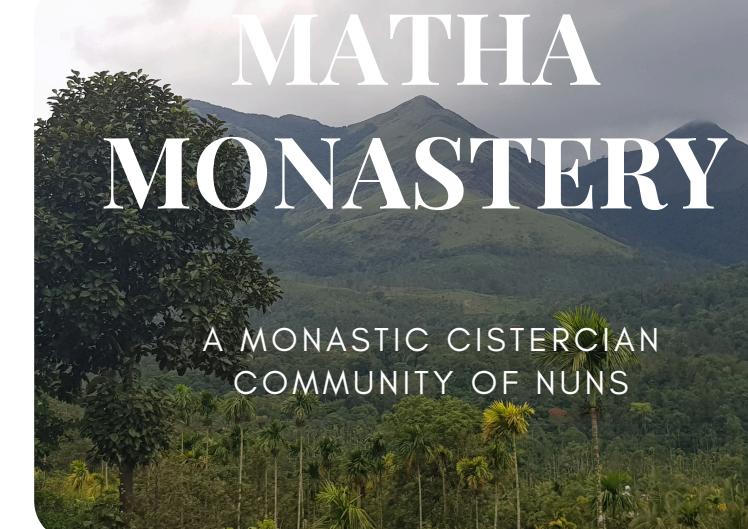
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## Why?

To be transformed by the daily celebration of the Eucharist, the Divine Office, personal prayer, lectio divina, and work, in a community where we can also enjoy moments of silence.

Monasteries of contemplative life are like an oasis. These seemingly useless places are actually indispensable, like the green lungs of a city: they benefit everyone, even those who never visit them or are unaware of their existence (Pope Benedict XVI).



Manual work to earn our livelihood and help the poor.

## What is monastic life?

Monastic life is a vocation from God, a call to enter into a committed relationship with Him. Being faithful to this call is not something that happens overnight.

Daily life in a monastic community is shaped by prayer, meditation, the Divine Office, and the Eucharist, all centered on Christ.

