



Empowered Soul, Enlightened Life™

A day of rejuvenation, reflection, and discovery for moving forward

With Donna Cardillo, RN, The Inspiration Nurse

June 9, 2025, 9 a.m. – 4 p.m.

\$85 includes lunch (*Inquire about partial scholarships*)

In her iconic book, *Gift from the Sea*, Anne Morrow Lindbergh poses a profound question: “What is the shape of my life?” This new day-program invites you to explore this and other essential questions as you navigate life’s transitions. We will ponder: Where do I go from here? How do I bring my gifts to the world? Who am I at this stage of life? Who do I want to become?

The past five years have left most of us feeling unsettled, unsure, and disconnected from those things that once brought us joy and satisfaction. We find ourselves in a transitional space yearning to find balance, wholeness, and self-realization. As we work to figure out our choices, what we need most is a day with like-minded souls being gently guided through a process designed to create clarity, inspiration, and self-awareness. As in Lindbergh’s book, we’ll be using the beautiful grounds at Mercy by the Sea as both a backdrop and a metaphor for our activities and spiritual practices.

Consider disengaging from your everyday life for this energetic and uplifting program of expressive writing, labyrinth walking, group discussion, short meditations, and contemplative beach combing. Participants will connect with self and others; unleash creativity; get out of their rut and hopefully leave feeling energized to re-enter life with passion, purpose, and positive momentum to propel them forward.

Suggested reading: *Gift from the Sea* by Anne Morrow Lindbergh and Donna’s *Falling Together: How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart*.

Donna Cardillo, MA, RN, CSP, FAAN is known as The Inspiration Nurse. She is author of four books including the award-winning *Falling Together: How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart*. Donna is a certified meditation teacher, chair yoga instructor, Veriditas Labyrinth Facilitator, Reiki Master, Forest Therapy Guide, and Amherst Writers & Artists Writing Workshop Facilitator. She is also a family caregiver to her husband who has had Multiple Sclerosis for 30 years. Learn more about Donna at DonnaCardillo.com.

Register at www.mercybythesea.org or call Guest Services at 203.245.0401 ext. 114 for details.



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