



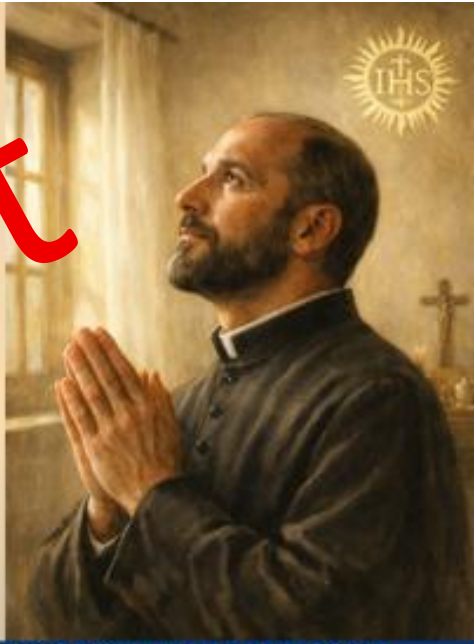
**SPIRITUAL EXERCISES OF  
ST. IGNATIUS OF LOYOLA**  
*A journey to transform  
and organize your life*

Deepen your connection with God and the divine presence through a compilation of prayers, meditations and reflections inspired by St. Ignatius of Loyola, one the most influential authors on spiritual life.

Friday, August 21, 7PM Through Sunday, August 23, 3PM 2026

*Father Vincent Capuano, S.J.*

Embark in this journey with us!

**CENTRO DE ESPIRITUALIDAD IGNACIANA | TEL 305 596 0001 | 12190 SW 56<sup>TH</sup> STREET, MIAMI FL. 33175**

**Pay Here**

**Sign Up**

Based on the principles of meditation in St. Ignatius of Loyola's "Spiritual Exercises". What are the Spiritual Exercises? Walking, strolling and running are physical exercises. In the same way, spiritual exercises are the various forms of vocal or mental prayer, meditation or contemplation, examinations of conscience and other religious practices. The spiritual exercises discussed here are a way of preparing and disposing people to free themselves from disordered attachments and, once free from them, to seek and find God's will for each person, for their own life.

Schedule:

Friday, August 21 at 7:00 pm to Sunday, 23 at 4:30 pm

Check-in will be on Friday, August 21 at 6:00 P.M. THERE WILL BE NO DINNER, only a small snack. Departure will be on Sunday, August 23 at the end of Laudes, around 4.30 P.M.

Single room: \$220.00; Double: \$190.00 p.p.; Deposit: \$100.00.

We request, during the retreat:

- Silence,
- Avoid the use of cell phones and all kinds of distractions,
- Bring a notebook and pen,
- Punctuality
- Please bring your Bible, rosary, medicines (if needed)

Recommendations:

Wear comfortable clothes. If you prefer to bring your own food or something of your preference, we have a refrigerator to store it, and micro for your convenience.