

# ARMONIA

**A Path of Integral Transformation  
of Body, Mind, and Soul**

*An Innovative Program  
for the Francophone Religious World*

## WHAT IS ARMONIA

Armonia is a 12- to 16-week transformative journey designed for members of religious communities seeking renewal and reconnection—with self, with God, and with others.

## A PROGRAM ROOTED IN FAITH & PSYCHOLOGY

Inspired by the Christian tradition and modern psychological science, Armonia offers a sacred space for healing and growth.

## THE JOURNEY OF TRANSFORMATION

### 1. Return to Self

Embrace emotions, explore personal wounds, and listen deeply to your story.

### 2. Time of Renewal

Discover new ways of being, connecting, and integrating faith with life.

### 3. Recommitment

Clarify your mission, and move forward with hope and courage.

## WHY CHOOSE ARMONIA?

- ✓ Recentre and rediscover meaning in your vocation
- ✓ Receive support honouring your faith and culture
- ✓ Process and integrate grief and transition in a healing way
- ✓ Be renewed in a peaceful, fraternal environment
- ✓ Leave equipped with practical tools to live your mission more fully

**Location:** The Southdown Institute  
18798 Old Yonge Street  
Holland Landing, ON L9N 0L1

**Contact:** [administration@southdown.on.ca](mailto:administration@southdown.on.ca)

**Learn more:** [southdown.on.ca](http://southdown.on.ca)



**"Behold, I make all things new."  
– Revelation 21:5**

## AT A GLANCE

- **Individual therapy** and emotional regulation workshops
- **Burnout prevention** and grief integration support
- **Therapeutic retreats** and spiritual direction
- **Contemplative walking**, mindful eating, and meditative gardens
- **Fraternal living**, group sharing, and deep mutual listening

## HOSTED AT SOUTHDOWN

A serene, natural setting inviting silence, reflection, and reconciliation. Guided by a specialized team of theologians, psychologists, and spiritual formators.

