



## The Spiritual Exercises of Ignatius of Loyola & the Art of Spiritual Direction

“Our one desire and choice should be what is more conducive to the end for which we are created.” *Ignatius of Loyola*

A three year course, (held one day a week in the City of London) formed around the teaching and practice of Ignatius of Loyola’s Spiritual Exercises, written 500 years ago and still full of wisdom and insight for our contemporary society and the individual’s spiritual journey.

The course is taught largely on an interactive and experiential basis, with frequent opportunities for group discussion and participation. Alongside learning the skills of Spiritual Direction and an in-depth study of the Ignatian Spiritual Exercises, the course works deeply on the individual participants as they have the opportunity to explore their own journey and spirituality. During the course participants are expected to do the Spiritual Exercises themselves, go on an 8-day retreat and complete a number of assignments designed to deepen their experience and learning.

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### What former students say:

*“This course has been life-changing both for me and my ministry.”*

*“Ignatius had a profound understanding of human psychology and our need for love, acceptance and purpose. The wisdom of his Exercises is life-giving.”*

*“I have discovered that my deepest desire and God’s deepest desire for me, is the same thing.”*

*“This course has helped me discover that God is calling me to help build a more just and peaceful world.”*

### Further information, costs and application form from:

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