



Camino
Institute



YOUNG WOMEN'S ONLINE SEMINAR

A five-week experience of shared reflection, honest conversation, and meaningful challenge for women between twenty and thirty.

WHAT IS IT?

An online seminar that invites young women to explore where they've been, where they are, and where they want to go on the path—the *camino*—of life.

It's an opportunity to think, reflect, and discuss who we are, what kind of women we want to be, and how to strengthen our relationships and faith. We utilize a secure Zoom platform, and groups are limited to seven: a female Camino Institute staff facilitator and six participants. There is a clear structure to the Seminar:

- Meeting 1: Orientation & Introductions
- Meeting 2: Where We've Been
- Meeting 3: Where We Are
- Meeting 4: Where We Want To Go
- Meeting 5: Resolutions & Conclusion

Prior to each meeting, there will be something brief but compelling to read on your own, and a related reflection question to think about. Sharing our thoughts will guide the conversation.

Camino Institute is not formally religiously affiliated, but is inspired by the spirituality of St. Ignatius Loyola, founder of the Jesuits. Our discussions are not overtly theological, but we invite participants to consider their faith in the context of our conversations, and vice-versa.

The Camino Seminar is not therapy or counseling. It is just a healthy challenge to think deeply, reflect meaningfully, and talk honestly with a small cohort of other women about the stuff that matters most in life.

WHO CAN DO IT?

Any young woman between age 20 and 30. If you're just a few months outside those ages, no problem. Having cohorts with people throughout this age range makes for fruitful conversation among people relatively close in age but potentially at different stages of their young adult journey.

WHY JUST WOMEN?

We believe quality time spent in the company of other women offers a unique invitation to share experiences and talk from the heart. Experience tells us that it can offer a special kind of clarity and honesty. That's what Camino is aiming for with this particular offering, just as it does for the guys in the Young Men's Seminar. We are developing other Seminars open to any adult.

WHEN IS IT?

The Seminar runs for 5 consecutive weeks, with a 90-minute meeting on the same single evening each week.

WHY ONLINE?

The Camino Institute normally runs international service-based Seminars at our campus in the mountains of the Dominican Republic. With travel limited right now, this is how we believe we can offer something accessible and helpful under our current circumstances.

HOW MUCH IS IT?

\$179 for all 5 sessions; \$139 for college students. You can pay electronically or by check. Unfortunately, we can't offer refunds for missed sessions.

WHY SHOULD I DO IT?

The Young Women's Seminar might be for you if you...

- ...enjoy respectful, apolitical conversation that explores deep questions with insight and honesty.
- ...are looking to build relationships with other people who will both affirm and challenge you in honest ways.
- ...would like to reflect meaningfully on your past to better understand and appreciate it.
- ...are eager to engage in some guided discernment about what kind of story you desire to live out.
- ...would like to deepen and better understand your spirituality and faith, whatever form it may take.

TESTIMONIALS

2021 marks the inaugural YWS, but here are some comments from our successful young men's seminar...

"If you're looking for a way to slow down in a fast-paced world, Camino Institute is the answer. It's a chance to let vulnerability shine; to be okay with where and who you are." Cole, late 20's

"In spite of the screen, the Young Men's Online Seminar is an opportunity for depth." - Russ, late 20's

"In a time when genuine human connection and conversation is lacking, these sessions have served as a great outlet. The passages/topics presented are thought-provoking and I look forward each week to discussing and learning from others!" - Kevin, mid 20's

HOW DO I REGISTER?

Just visit www.caminoinstitute.com and go to the Young Women's Seminar page.