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CAPUCHIN RETREAT

Firms offered place to relax

A quiet site for employee, leadership sessions

BY MARGARITA BAUZA • FREE PRESS BUSINESS WRITER • NOVEMBER 8, 2008

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An oasis of peace, wilderness and trails quietly nestles in northern Macomb County far from the bustle of conference rooms, [computers](#) and cubicles.



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The lounge Washington use it as a p developer the facility.



Now businesses are being invited to use the serene spot in Washington Township for employee retreats.

The Capuchin Retreat opened 40 years ago for men.

The facility, which has a retreat house, chapel, dormitories and a kitchen and dining area, has been used by groups such as high schoolers, yoga practitioners, married couples and nonprofit organizations.

Businesses of all types are being invited to consider using the facility for employee or leadership retreats during the week -- with no requirements that they belong to a church or have a religious affiliation.

"The only requirement is that they use it as a place for their own human or spiritual development," said the Rev. Kenneth Reinhart, a Capuchin priest who directs the facility.

As the Catholic Church's membership dwindled through the years, so have the retreat facility's revenues. It has forced the retreat's leadership to come up with ways to attract money and people.

Reinhart says he believes the idea will be successful because more workers are looking for ways to incorporate spirituality in the workplace.

The facility sits on 95 acres of woods and nature, which the Capuchins say is a perfect setting for businesses seeking a site that is quiet and reflective.

The center offers a [conference room](#), discussion areas, a dining area, a comfortable lounge with fireplace, 46 private bedrooms with private baths and a network of walking paths. Costs vary depending on the number of meals, use of private rooms and other rooms or equipment.

Brian Granader, owner of the Red Lotus Yoga Studio in Rochester Hills, uses the Capuchin Retreat to conduct weekend-long silent yoga retreats.

"It's a place to not bring your cell, your iPod, or your [computer](#)," he said. "You are in silence Friday, Saturday and Sunday and during that time we have numbers of activities ... "

"The idea is to unplug," he added.

Kathy Hurley, director of ministry at Safe Harbor Ministry in Chesterfield Township, a nondenominational facility that offers counseling to women with limited resources, has been holding twice-a-year retreats there for seven years.

"It's about being in a restful place and leaving stresses and burdens for a period of time," she said. "You come away refreshed. Your life falls into perspective again."

*The Capuchin Retreat will offer an open house for businesses from 3:30 to 6 p.m. on Tuesday. For more information, go to www.capretreat.org Contact **MARGARITA BAUZA** at 313-222-6823 or mbauza@freepress.com.*

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