

Program October 2025-September 2026

A SPACE FOR SILENCE, SPIRITUALITY AND DISCERNMENT

In the school of Ignatius of Loyola

Ignatius of Loyola walked down from Montserrat to Manresa. Here he spent eleven months, a time of major importance for his life, for the Society of Jesus and for the Ignatian families and spiritualities. His privileged place of silence and prayer was the Cave which is now the current International Center of Spirituality. The experience lived here by Ignatius did flourish in the form of a book: The Spiritual Exercises.

The jesuit community of Cave of Saint Ignatius offers and space to those people that search silence, prayer and discernment and wish to be accompanied, by requesting it in advance.

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1. Spiritual Exercises

The Cave offers the possibility of “ignatian retreats, in the “founding place” of Manresa, from the full Months Exercises to a few days of prayer and silence.

1.1 A Month Exercises

July 2026 01 – 30.- Ashley Evans SJ and Deirdre Rowe (english)

August 2026 01 – 30.- David Guindulain SJ and Alicia Guidonet fcm (spanish)

1.2 Eight days of Spiritual Exercises

June 2026

- 21 – 30 Post-Symposium, in key of affective-sexual integration:
 - In spanish: Maite Valls rjm and team
 - In english: Gemma Simmons CJ and team

July 2026

- 01 – 10.- Josep Ma. Bullich SJ
- 11 – 20.- Alejandro Labajos SJ
- 21 – 30.- Personalized: Alexis Bueno SJ and team

August 2026

- 01 – 10.- Personalized: Maite Valls rjm and team
- 11 – 20.- Francesc Riera SJ
- 21 – 30.- Josep Ma. Margenat SJ
- 21 – 30.- Personalized: Carles Marcet SJ and EIDES Team

September 2026

- 01 – 10.- Laura Rius

Timetable: Check in from 4 pm to 6:30 pm. Check out at 10 am.

1.3 Five days of Spiritual Exercises

December 2025

- 27 – 31.- Alexis Bueno SJ and Magis Team

Timetable: Check in at 10 am. Check out at 4 pm

March - April 2026

- 27 March – 1 April.- Llorenç Puig SJ

Timetable Check in from 6 pm to 7 pm. Check out at 4 pm

August 2026

- 26 – 31.- Alexis Bueno SJ and Magis Team

Timetable: Check in 4 pm to 6:30 pm. Check out at 4 pm

1.4 Contemplative Path (Eight intensive days)

A path of prayer is proposed based on postural stillness breathing and the repetition of an invocation or mantra through a patterned succession of common meditations. Diet is semi vegetarian

July 2026

- 11 – 20.- *Advanced. J. Melloni SJ*
- 21 – 30.- *Initiation. Lidia Roig i Esteve Forneguera*

Agost 2026

- 1 – 10.- *Advanced. J. Melloni, SJ*

Timetable: Check in from 4 pm to 6:30 pm. Check out at 10 am.

1.5 Spiritual Exercises in daily life

Seven months of Spiritual Exercises on daily life with personal accompaniment and weekly support of prayer guides.

- 17– 19 October 2025
- 23 – 25 January 2026
- 15 – 17 May 2026

Timetable: Check in from 4 pm to 7 pm. Check out at 1 pm

Coordinator: David Guindulain SJ. **For inscriptions please e-mail to:** dguindulain@gmail.com

1.6 Three days initiation to SE

An original way to learn about Ignatius of Loyola through his story, his letters, the Spiritual Exercises book and the screening of the film about the saint

- 5 – 8 December 2025
Timetable: Check in from 4 pm to 7 pm. Check out at 3 pm
Coordination: Llorenç Puig SJ and Oriol Prado

1.7 Retreats Advent, Lent, Easter Triduum and Pentecost

Advent: Prepare the Christmas time

An opportunity to live the Advent in depth drawing from the Exercises of Saint Ignatius with the possibility of personal accompaniment. A few days to help us “search for and find the will of God” for our lives.

- 12 – 14 December 2025

Lent: A path to Easter

Opportunity to live in depth on Easter time from the Ignatian perspective

- 13 – 15 March 2026

Easter Triduum (see 2.5)

Ascension retreat

Desire to live the creative gift of the Spirit. We will live it through prayer, silence and liturgy.

- 22 – 24 May 2026

Timetable: Check in from 4 pm to 7 pm. Check out at 4 pm

Coordinator: David Guindulain SJ

2. Prayer on silent propositions

2.1 Contemplative Path (on weekends)

An intensive introduction to contemplative prayer is proposed, through the learning of body posture with yoga, breathing and visualization exercises in order to lead to the threshold of silence.

Initiation. Javier Melloni SJ

- 21 – 23 November 2025
- 16 – 18 January 2026
- 17 – 19 April 2026

Advanced. Javier Melloni SJ, Lidia Roig and Esteve Forneguera

Group A (Catalan)

- 3 – 5 October 2025. Lidia Roig and Esteve Forneguera
- 13 – 15 February 2026. Javier Melloni SJ

Group B (Spanish)

- 14 – 16 November 2025. Lidia Roig and Esteve Forneguera
- 6 – 8 March 2026. Javier Melloni SJ

Group C (Catalan)

- 23 – 25 January 2026. Lidia Roig and Esteve Forneguera
- 8 – 10 May 2026. Javier Melloni SJ

Timetable: Check in from 4 pm to 7 pm. Check out at 4 pm

2.2 Seasonal change musical meditations

Every Tuesday an hour of guided prayer from 9 to 10 pm

Each change of seasonal time, silence and musics from the world :

- **2025:** 16 September/ 16 December

Companion: Javier Melloni, SJ

2.3 A Path to Contemplation on Saturdays

Opportunity of prayer in silence and in group, according to contemplative prayer from 10:30 am to 5:30 pm

- **2025:** 20 September / 18 October / 29 November

Companion: Jesuit Cave of Saint Ignatius Community team

2.4 Ignatian Spirituality Retreat: Contemplation and Silence. Iñigo, a unique retreat

Silence (external and internal) is the main focus of this retreat. Each person is alone, free from external stimuli. We distance ourselves from phones and other devices to enter into the process.

- 30 January – 1 February 2026

Timetable: Activity starts at 7 pm. Check out at 4 pm

Coordination: Javier Melloni SJ and Imanol Rayo (film director)

2.5 Easter Triduum

Opportunity to experience the density of Holy Week integrating prayer, silence and liturgical celebration in the privileged setting of the Cave of Saint Ignatius.

- 2 – 5 April 2026

Timetable: Check in from 4 to 5 pm. Check out at 10 am

Coordinators: David Guindulain SJ, Alex Labajos SJ and José de Pablo SJ

3. Seminars

3.1 Intensive Seminar of Spiritual Exercises: Ampliation

The Cave of Saint Ignatius and EIDES (Center of studies on Christianity and Justice) offer every three years this "initiation seminar"

This year, the Intensive Seminar offer selected topics for Expanding knowledge.

In the two intervening years, a Seminar is offered to expand on the fundamental themes of the Exercises. This year, for Christmas 2025, we have chosen:

“HAVE WE EVER DONE (OR GIVEN) THE “FOURTH WEEK”?”

December 2025 . 27 – 30.- *Schedule:* Activity starts at 10 am. Check out at 11 am

Professors: Alicia Guidonet and Carles Marcet SJ. **Coordinators:** Anna Pitarch and Francesc Riera SJ.

4. International Courses

4.1 Ignatian Immersion (Editions in spanish and english)

A deepening of the arrival of Ignasi de Loyola in order to inspire a Christian life in our society and Church today and also for training in the spiritual accompaniment of individuals and communities. Organised by the Cova de St. Ignasi with the collaboration of EIDES (CJ).

4.1.1 Edition in spanish

- **30 October - 16 December 2025** (information and inscriptions: info@covamanresa.cat)
Coordinator: Josep Ll. Iriberry SJ

4.1.2 Edition in english

- **26 April - 11 June del 2026** (information and inscriptions: ignatiancourse@covamanresa.cat)
Coordinator: Alejandro Labajos SJ

4.2 As we reach 65, 70 years of age and more

The art of creatively taking on the penultimate and final stages of life. Preparing for, reflecting on and embracing the Third Age, from the Ignatian pedagogy of "feeling and working internally".

- **12 September - 11 October 2025**
Coordinator: David Guindulain SJ. (information and inscriptions: info@covamanresa.cat)

4.3 International Symposium of Spiritual Exercises on affective-sexual integration

In front of the situations of abuse and disorder that have come to light in the Church and society in recent years, we wish to address the affective-sexual dimension of the human condition from a comprehensive and integrative perspective, relating it to the healing and spiritually transformative capacity proposed by the Spiritual Exercises.

- **14 - 20 June 2026**
Coordination: Javier Melloni SJ

5. Proposals for youth and families

Proposals for young people

Lluís Espinal Hostel has spaces adapted to young people. Through a dynamic methodology it is intended that boys and girls can go inside themselves, discover the individuality of others and open themselves to the experience of Interiority and Transcendence. In collaboration with the "Fundació Jesuïtes Educació".

For more information : info@covamanresa.cat

5.1 Proposals for families : Multigenerational Retreat

The Spirituality Center Cova Saint Ignatius and EIDES offer a course of prayer and reflection in the Ignatian key for families, couples with or without children (teenagers, children...) with proposals for individual and group work, with the Spiritual Exercises as a reference.

November 30, 2025

Schedule: Check in at 9:30 am. Check out 6 pm

Coordinator: Oriol Melgosa and team. **Inscriptions:** omelgosaa@gmail.com

6. Week-end Workshops

6.1 Enneagram from the Essence of Life

The objective of the course is to work on our personality, discover the paths that lead us to self-knowledge and the discovery of others and find the tools to improve our lives, improving the quality of our relationships, both professional and personal. The methodology includes presentations and discussions of the theory, individual and group exercises, and exercises to identify one's own enneatype through testimonials and movie characters, songs and visualizations.

The complete workshop is structured in three two-day blocks:

- 3 - 5 October 2025
- 17 - 19 October 2025
- 31 October to 2 November 2025

Professors: Josep Lluís Iriberry SJ and team

6.2 Contemplative Dance

We will approach the Ignatian approach through contemplative dance. Not to carry out the process, but to offer a tool that allows us to delve deeper into the different approaches from the body. For those unfamiliar with the Ignatian exercises, this can be a good way to familiarize themselves with the stages. Regardless of the topic, contemplative dance facilitates a simple and enjoyable introduction to contemplation.

There will be brief theoretical sessions and primarily the experience of contemplative dance. We will slowly review the dances so that we can recall them once we return home.

13 – 15 February 2026

Professor: Victoria Hernandez

7. Sanctuary Cave of Saint Ignatius: "La Cova"

7.1 Visits to the Sanctuary

Winter : From November 1st 2025 to February 28th 2026

Mondays to Saturdays from 10 am to 1 pm and from 3 pm to 6 pm. Sundays and precept days from 10 am to 11:30 pm

Summer: From March 1st to October 31st 2026

Mondays to Saturdays from 10 am to 1 pm and from 4 pm to 7 pm. Sundays and precept days from 10 am to 11:30 am.

No precept holidays, closed

For further informations, please check our website **GUIDED VISITS**

7.2 Celebrations

Eucharists

- **Labour days:** from Monday to Saturday at 7:30 am at the Cave
- **Sundays and precept days:** 12:00 pm at Sanctuary of the Cave
- **Confessions.** Half an hour before the Sunday's Eucharist or precept days.
- **Other celebrations.** There's a possibility, for individuals or groups, to celebrate the Eucharist in the Cave or in the Sanctuary with prior reservation.

7.3 Easter Triduum (see 2.5)

7.4 Ignatian Way LOYOLA – MANRESA

In 1522 Ignatius pilgrimaged from Loyola to Montserrat and Manresa. Currently, there are quite a few people who walk the "Ignatian Way". See the details of the proposal at: <http://caminoignaciano.org>. Possibility to stay at the Casal Espinal (Cova de Sant Ignasi Manresa).

Coordinator: Josep Lluís Iriberry, SJ. E-mail : oficina.central@caminoignaciano.org

Information and inscriptions

Two ways to place your reservation:

1.-Recommended: by our website www.covamanresa.cat

2.-Sending e-mail to: info@covamanresa.cat with your full name and activity you wish to book and, await our e-mail's confirmation.

Once we confirm your reservation, it is mandatory to make the payment by bank transfer to our accounts:

CAIXABANK, IBAN ES70 2100 4955 56 2200007874- Full name and code activity we will send you in our confirmation e-mail.

How to get there from Barcelona

Please go to www.covamanresa.cat : "How to get there"

Car

- **Highway C-16 (Terrassa - Manresa):** Exit 13 (St. Vicenç de Castellet) later take C-55 exit "Manresa - Centre Històric"

Train

- **Renfe Line R4** (Sants, Pl. Catalunya, Arc Triomf, Sagrera, St. Andreu).
Labour days, every half an hour. Holidays, every hour. It takes around 80'.
Possible to take a taxi in the station (or call to 93 874 40 00 - 93 874 41 19 - 639 336 360). Walking distance is 12' aproximatly.
- **FGC Line R5 o R50:** Exit Plaça Espanya, every 30' minuts. Holidays, every hour

Bus

- **Mon bus:** Timetable at www.monbus.es
- **Barcelona-Manresa:** Information at Manresa Bus Station: + 34 93 874 66 66

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