



**Manresa Jesuit Retreat House**  
presents

# Christian Yoga

**For the Mind, Body and Spirit**

Christian Yoga is a form of prayer in which we place ourselves on this journey to be present in the moment with God, with a focus on breath. As we move through postures accompanied by sacred music and prayer, we find balance, strength and union of our whole self with God. In the end, this brings us to our quiet center to be still with God and to know His peace.

*Join us for this healthy, healing practice in an atmosphere of prayer, sacred music and meditation . . .*

**When:** Monday Evenings - all classes 5:00 – 6:15 PM

**2020 Dates:** Jan 6, 13, 20 & 27; Feb 3, 10, 17, 24; Mar 2, 9, 16, 23 & 30; Apr 6, 20 & 27; May 4 & 11; Jun 1 & 22

**Where:** Manresa's Wernert Lounge  
*(unless otherwise notified)*

**Cost:** \$12 per class. Payments may be made on the day of the class by cash or check to Manresa Jesuit Retreat House.

**Equipment:** Please bring your yoga mat, block and blanket.

**Leader:** Mary Gresens, graduate of Manresa's Internship in Spiritual Companionship, Certified Yoga Instructor, First Degree Black Belt Nia Teacher



*Mary Gresens*

***CALM . . . BREATH . . . MOVEMENT . . . PEACE . . . UNITY***

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