



Christian Meditation Retreat for Men and Women



Friday, May 1, 7:30 PM to Sunday, May 3, 2026, 1:00 PM

The Christian Meditation Retreat offers the experience of various forms of meditation, the opportunity to better understand our growth in the Christ-life, and reflection on how meditation helps us be transformed in Christ.

Presentations will draw upon Scriptures and forms of meditative prayer taught by leading practitioners. Practice sessions and group meditation will provide opportunity for learning and exploration.

Please wear comfortable clothing. The schedule allows time for private reflection, walking the grounds or praying at the Labyrinth or Stations of the Cross. Meal service begins with breakfast on Saturday and concludes with lunch on Sunday. Mass will be offered on Saturday evening.

Retreat Directors



Mary Gresens, DLS is a professor, lecturer and yoga teacher. A graduate of Manresa's Internship in Spiritual Companionship, she offers spiritual companionship, leads retreats and seminars and is dedicated to helping others find balance and harmony through prayer, meditation, and movement.



Dr. Tim Hogan is a psychologist specializing in the impact of technology on our nervous system, spirituality and relationships. He is the author of *The Gift of Cultural Hurricanes: Tools to Rebuild Authentic Spirituality*, and co-author of *How to Find the Help You Need*.



DiAnne Patterson Schultz completed Manresa's Internship in Ignatian Spirituality. She has led people through the Spiritual Exercises, facilitated retreats and presented spiritual workshops and days of reflection.

Non-refundable, non-transferable deposit of \$50 due at registration.
Register at manresa-sj.org/050126-mw or phone 248.644.4933 Ext. 0.