



Christian Yoga for body, mind & *spirit*



Christian Yoga is a form of prayer that invites us to be present in the moment with God, with a focus on breath. **As we move through postures accompanied by meditative quiet 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 and meditation.

SPRING 2026
Mondays, 7:00–8:00 PM (EST)
via Zoom*
Mar. 2, 9, 16, 23, 30
Apr. 6, 13, 20, 27 | May 4, 11, 18
Fee: \$144, due at registration.
Fee is non-refundable non-transferable.
Register soon at manresa-sj.org/030226-yoga or phone 248.644.4933 Ext. 0.
*Zoom instructions will be emailed to registered participants prior to each session.



Instructor
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.