

# Christian Yoga for body, mind & *spirit*



## Winter 2024

Mondays, 7:00–8:00 PM (EST) via Zoom\*  
Nov. 18, 25 | Dec. 2, 9, 16, 23, 30 | Jan. 6

Christian Yoga is a form of prayer in which we place ourselves in a position 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.

### Instructor:



Mary Gresens is a graduate of Manresa's Internship in Spiritual Companionship, certified yoga instructor and first degree black belt Nia teacher.

**Fee: \$96 due at registration.** Fee is non-refundable, non-transferable.

Register at [manresa-sj.org/111824-yoga](https://manresa-sj.org/111824-yoga) or phone 248.644.4933 Ext. 0.

\*Zoom instructions will be emailed to registered participants prior to each session.