



# Christian Yoga for body, mind & *spirit*



**WINTER 2026-27**

**Mondays, 7:00–8:00 PM (EST) via Zoom\***

**Dec. 7, 14, 21, 28 | Jan. 4, 11, 18, 25 | Feb. 1, 8, 15, 22**

Christian Yoga is a form of meditative body prayer that invites us to be present in the moment with God. As we focus on our breath and move through postures, we find balance and healing uniting our breath, body and spirit with Christ. This brings us to our inner self to be still with God and know His peace.

**Fee: \$144, due at registration.**

Fee is non-refundable non-transferable.

Register soon at [manresa-sj.org/120726-yoga](https://manresa-sj.org/120726-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 yogi. As a spiritual companion, she guides others to find balance and harmony through prayer, meditation and movement.