Ignatian Spirituality & Yoga Retreat

Offered in collaboration with Ignatian Spirituality & Yoga



Friday, Feb. 26, 6:00 PM – Sunday, Feb. 28, 2027, 12:00 PM

Join us for a weekend of prayer, reflection, yoga, and community as we explore the integration of Ignatian spirituality and the practice of yoga. Through gentle yoga, guided meditation, Ignatian contemplation, personal reflection and shared conversation, we will create space to slow down, deepen our awareness of God's presence, and reconnect with ourselves, one another and the sacred.

Rooted in the Spiritual Exercises of St. Ignatius of Loyola, this retreat invites participants to encounter God through the integration of body, mind, and spirit. Whether you are new to yoga and Ignatian spirituality or have practiced for many years, all are welcome. No previous yoga experience is necessary.

Retreat Directors:



Fr. Bobby Karle, SJ is co-founder and director of Ignatian Spirituality & Yoga. A Jesuit priest, he currently serves as associate pastor at St. Mary Student Parish in Ann Arbor, MI. He began practicing yoga in 2009, between serving as a Jesuit Volunteer in Belize and entering the Jesuit Order in 2010.



Alan Haras is a clinical social worker, psychotherapist, 800-hour Dharma Yoga Teacher and Ignatian-trained spiritual director. With graduate degrees in both religious studies and social work, Alan has spent over 20 years immersed in the study of various theories of human development. Alan currently works as a therapist at the VA (Veteran Affairs) in Detroit.

Retreat Fee: $575. Non-refundable, non-transferable deposit of $250 due at registration.

Register online at manresa-sj.org/022627-mw or phone at 248.644.4933 Ext. 0.

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