



Christian Yoga Retreat

Gift and Gratitude: Finding God in All Things



**Friday, Sept. 4, 7:30 PM –
Sunday, Sept. 6, 2026, 1:00 PM**

(meals begin with Saturday breakfast)

God asks us to be still so that we can be with Him, open to His love. A powerful way to find stillness and inner peace is through Christian Yoga, 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 retreat invites you to step out of your noisy world and spend time in silence with yourself and God. Through Christian Yoga sessions, guided meditations, and time for prayer and quiet reflection, you are giving yourself a gift.

This retreat is open to all. No prior experience is required. Capacity is limited...register early!

Retreat Directors:



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.



Fr. Robert Scullin, SJ served in the Office for Hispanic Affairs of the Archdiocese of Detroit and in Hispanic and African American parishes in the Midwest. He served as Provincial of the Detroit Province and was superior of the Colombiere Jesuit Community in Clarkston for three years. He occasionally composes songs with religious and political themes and has recorded the CD *And It's So Clear*.

Non-refundable, non-transferable deposit of \$50 due at registration.

Register online at manresa-sj.org/090426-mw or phone at 248.644.4933 Ext. 0.