



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 and be open to His love and guidance. Quieting the mind and shutting off its chatter and constant activity require time and practice. A powerful way to find stillness and inner peace is through the combination of contemplation and yoga.

This retreat invites you to step out of your noisy world and spend time in silence with yourself and God. Through guided meditations, Christian contemplative yoga sessions, and time for prayer and quiet reflection, you are giving yourself a gift.

Retreat Directors:



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.



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.