



Manresa Jesuit Retreat House
presents

Christian Yoga

For the Mind, Body and Spirit

Christian Yoga is a form of prayer in which we place ourselves on this journey to be present in the moment with God, with a focus on breath. As we move through postures accompanied by sacred music 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, sacred music and meditation . . .

When: 13 Mondays from 5:00 – 6:15 PM

2020 Dates: Sep 14, 21 & 28; Oct 5, 12, 19 & 26;
Nov 9, 16, 23 & 30; Dec 7 & 14

Where: Via Zoom Videoconference
(not available onsite this semester)

Cost: \$125 for all 13 classes

Registration: \$50 non-refundable, non-transferable
deposit required at time of registration.
Balance due Friday before first class (9/11/20)

Online at www.manresa-sj.org/091420-yoga
Or phone 248.644.4933 Ext. 0

Leader: Mary Gresens, graduate of Manresa's Internship in
Spiritual Companionship, Certified Yoga Instructor,
First Degree Black Belt Nia Teacher



Mary Gresens

CALM . . . BREATH . . . MOVEMENT . . . PEACE . . . UNITY

Manresa Jesuit Retreat House — 1390 Quarton Road — Bloomfield Hills, MI 48304
www.manresa-sj.org — 248.644.4933 — Email: office@manresa-sj.org