



# 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 meditative quiet 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 and meditation . . .**

**When:** 10 Mondays each Winter & Spring from 5:00 – 6:15 PM

#### Winter 2021

10 sessions for \$100

January 4, 11, 18, 25

February 1, 8, 22

March 1, 8, 15

#### Spring 2021

10 sessions for \$100

March 22, 29

April 5, 12, 26

May 3, 10, 17, 24

June 7

**Where:** Via Zoom Videoconference (not available onsite)

**Cost:** \$100 per season

**Registration:** Payment required at time of registration.  
Winter deadline 1/1/21 – Spring deadline 3/19/21

Online WINTER: [www.manresa-sj.org/010421-yoga](http://www.manresa-sj.org/010421-yoga)

Online SPRING: [www.manresa-sj.org/032221-yoga](http://www.manresa-sj.org/032221-yoga)

By phone: 248.644.4933 Ext. 0



Mary Gresens

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

**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**