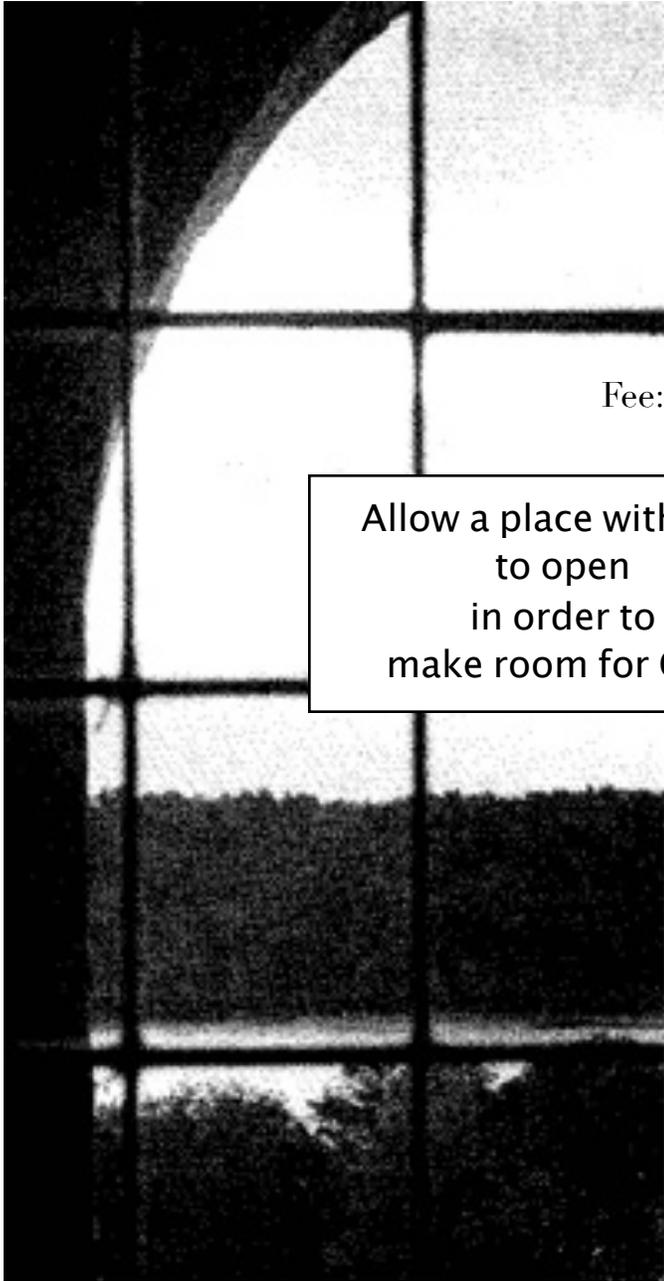


Let it be Dark that We May See the Light

Advent Silent Retreat 2015



Allow a place within us
to open
in order to
make room for God.

Holy Cross Monastery NY

YOGA AND MEDITATION

Nov 27 - 29, 2015

limited to 15 participants

Led by Carolyn Bluemle

Fee: \$240 includes private room, meals, & program

Deposit: \$80

www.holycrossmonastery.com

tel. 845 384-6660

Details on other side

Come, take refuge. Enter the healing power of monastic rhythm each day and integrate body and spirit. Align body and breath through yoga postures in prayer; sit in guided and silent meditation; chant the psalms with the monks; and sing Taizé chants in the beautiful chapel.

The Advent season calls us to prepare ourselves to receive the gift of God's light and say yes. The darkness we enter is a leaving behind bright lights and 'barbed-wire entanglements'* of our 'own ideas'* and our 'own mechanical devices.* We allow ourselves to dwell in don't know, we allow that place of innocence within us to open, in order to make room for God.

The yoga and meditation on this retreat will be focused on untangling the knots of expectations and preconceptions and habits long overused. That is: unwinding the stuck places so that we may open to each present moment as a new beginning with the possibility of the miracle of God's presence felt and received.

*Terra Incognita, D.H. Lawrence

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Friday Supper Nov 27 Sunday Feast Nov 29

Holy Cross Monastery

nestled on twenty six magnificent acres on the banks of the Hudson River in the Catskills, is home to an open-hearted Episcopal Benedictine community. A beautiful place to enter a time of prayer, reflection, renewal and recreation. You are invited to join the monks in their services or to have private time.

The delicious food is prepared by a graduate the
Culinary Institute of America.

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Retreat Description on Other Side

Carolyn Bluemle

has taught yoga since 1989 and is Iyengar certified. She has led numerous retreats at Holy Cross and workshops in the Sacred Circles program at the Washington National Cathedral. She holds a Masters in ancient Greek philosophy from UC Berkeley and has enjoyed many years as a dancer. Through the healing practices of yoga, meditation, and Taizé chant she has renewed her Christian faith. Her teaching, precise and enthusiastic, with humor and compassion, reflects her deep experience of yoga as prayer.

www.cmagicisafoot.com

Previous yoga experience is recommended but not required.

All poses and sequences can be modified for any body.

If you have some familiarity with some of the postures then entering into prayer is easier.



PLEASE BRING a symbol of your intention for the retreat to place on a prayer table in the practice room. Yoga props will be provided. You are welcome to bring your own sticky mat and meditation cushion if you wish.