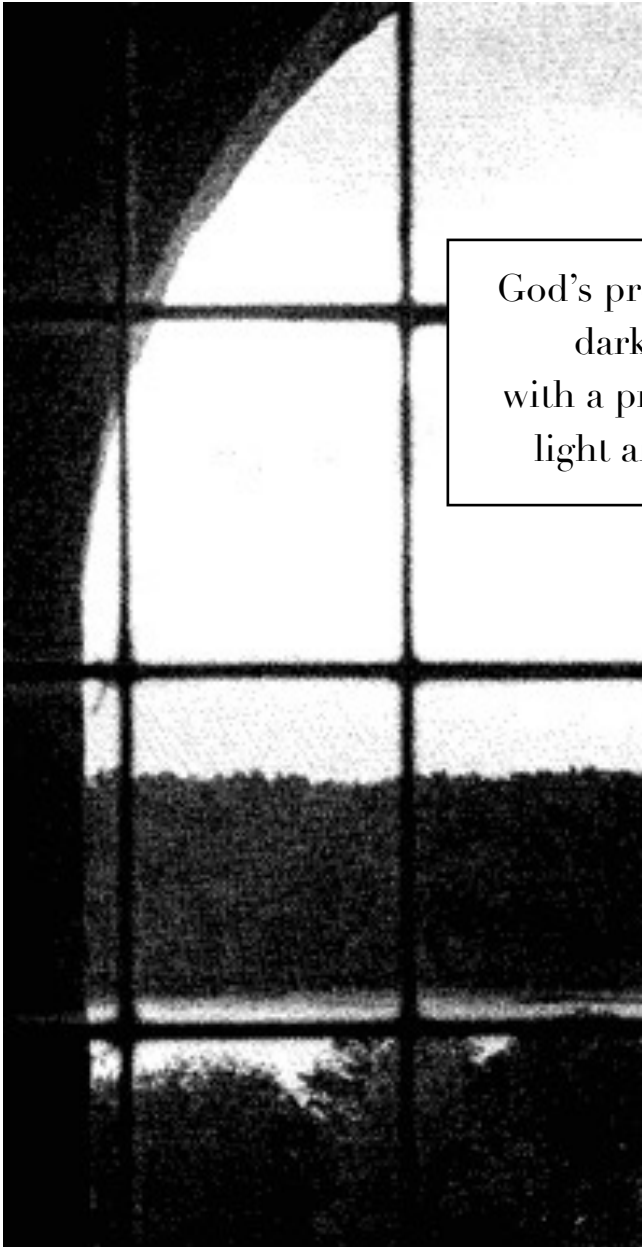


# Breath of Heaven

Advent Silent Retreat 2016

**Holy Cross Monastery NY**



God's presence in  
darkness  
with a promise of  
light and love

## YOGA AND MEDITATION

**Nov 25 - 27, 2015**

Led by Carolyn Bluemle  
limited to 13 participants

Fee: \$250 includes private room,  
meals, & program

Deposit: \$80

[www.holycrossmonastery.com](http://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.

Advent is a time of God's presence in the darkness of Mary's womb with a promise of light and love. Yoga can help us enter our bodies to find gentle

awareness of God's presence in our hearts: God who seeks to be born again and again out of our struggles and out of our tender longing for balance and joy for everyone. Pondering Mary's assent and hope expressed in the Magnificat, we will explore the healing power of the breath which unites our deepest selves and God and the world. Together we will co-create our own variations of a yoga sequence to Amy Grant's simple and beautiful song: "Breath of Heaven."

# *Breath of Heaven*

## Advent Silent Retreat 2016

Friday Supper Nov 25    Sunday Feast Nov 27

### 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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**see 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.magicisafoot.com](http://www.magicisafoot.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.



“Bow Down” by Becky Nielsen