

**ALL**  
*with or without yoga experience*  
**ARE WELCOME**

*Those with no yoga experience:* Find out how opening your body can help to deepen your spirit and your relationship with God. The sequences can be modified to accommodate anyone.

*Those who have practiced yoga for years:* Find ways to connect your love of yoga with your Christian spirituality and to slow down to the deepest rhythms of your breath and body.



Beate Heinen "Rend the Heavens"

**PLEASE BRING**

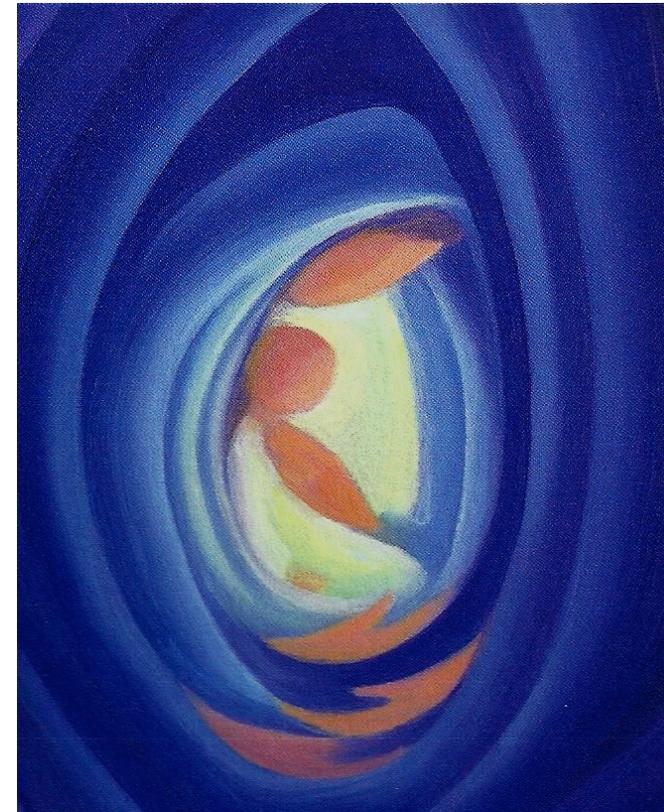
a symbol of your intention for the retreat to place on a prayer table in the practice room. And, if you have them, a sticky mat and a meditation cushion

**To Register go to:**

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

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.emagicisafoot.com](http://www.emagicisafoot.com)



Mary Southard CSJ  
"Heart of Love"

**Holy Cross Monastery, NY**

**Silent Retreat**

**Nov 25 - 27, 2011**

limited to 15 participants

**Led By Carolyn Bluemle**

Fee: \$240 includes private room, meals, & program  
Deposit: \$80

*The  
Depth  
of our  
Longing*

*"Oh that you  
would tear open  
the heavens and  
come down...."*

*Isaiah 64:1*



## *The Depth of our Longing*

### **Advent Silent Retreat**

Friday Supper Nov 25    Sunday Feast Nov 27, 2011

Led by Carolyn Bluemle

Isaiah gives full expression to our deep longing for God that arises when we are sensitive to the troubles of the world and our lives. He calls out: "O that you would tear open the heavens and come down, so that the mountains would quake at your presence" "

Come, take refuge and pray. Enter the healing power of monastic rhythm each day. Integrate body and spirit in worship: aligning body and breath through yoga postures and praying the body through posture sequences to sung prayers; sitting in guided and silent meditation; chanting the psalms with the monks and Taizé chants in the beautiful chapel.

These practices, by waking us up and bringing us into harmony with our own humanity and embodiment, can help us let God answer our longing with the shattering power of innocence and vulnerability in the incarnate Christ child.

### **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 have private time.

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

[www.holycrossmonastery.com](http://www.holycrossmonastery.com)    tel. 854 384-6660

