

Practices of Presence

Silent Retreat 2017

Holy Cross Monastery NY

YOGA AND MEDITATION

Silent Retreat

Nov 24 - 26, 2017

COME TAKE REFUGE.

Enter a monastic rhythm of silence and presence.

Practices of Presence include:

Yoga postures: Align Body and Breath in Prayer;

Meditation: Let yourself Rest in God; Let God Rest in you;

Mindful Walking & Mindful Eating: Cultivate Presence and Gratitude;

Chant psalms with the monks; Sing Taizé Chants in the beautiful chapel.

Through practices of presence we can enter the kingdom of heaven. We can think of this kingdom as a distant land, or we can find it here and now, where our heart opens and we bridge the gulf between ourselves and others.

Entering the kingdom of heaven we become available to the world, to ourselves, and to God. There Christ becomes visible beside, above, below, and before us. In the midst of our joy and in the midst of our suffering, the day may dawn and the morning star may rise in our hearts. The celebration of the Kingdom is the culmination of the church year before the quiet days of Advent and is a beautiful way to follow our celebrations of Thanksgiving and gratitude.

limited to 13 participants

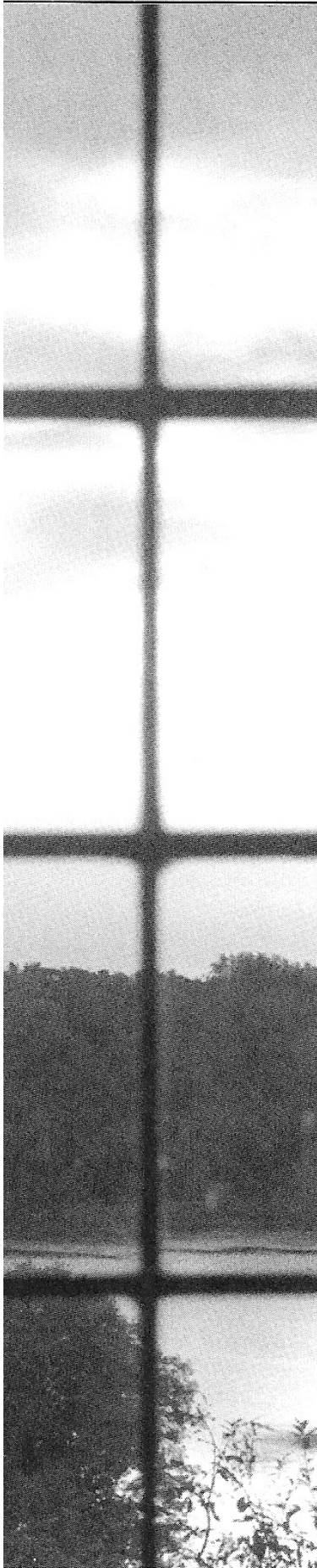
Led by Carolyn Bluemle

Fee: \$260 includes private room, meals, & program

Deposit: \$80

www.holycrossmonastery.com

tel. 845 384-6660



more details on the other side

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Friday Supper Nov 24 Sunday noon Feast Nov 26

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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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 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 experience of yoga as prayer. www.cmagicisafoot.com

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

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.

more details on the other side