

LOVE, LONGING, AND PRESENCE: A DANCE WITH GOD

Silent Yoga Retreat

September 6-8, 2013

Rolling Ridge Study Retreat
Community

Harpers Ferry, WV

Cost \$210 (sliding scale available)



Led by Carolyn Bluemle.
Carolyn has taught yoga since 1989 and is Iyengar certified. 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 in the tradition of Thich Nhat Hanh, and Taizé chant, she has returned to her Christian roots. Her teaching, precise and enthusiastic, with humor and compassion, reflects her experience of yoga as prayer.

Come away; take refuge,
slow down to the rhythms of your own breath.
We will pray through yoga, meditation, chant, mindful eating,
and mindful walking in the beauty of the woods,
hills, and streams surrounding the retreat center.

Yoga can deepen devotion by integrating body with spirit,
by quieting restlessness in the body,
and by connecting interior awareness with outward presence.
Above all, it is accessible to all: all postures and sequences
can be modified for any body.
We will pray, as able and inspired, with posture sequences
to songs of love, longing, and presence.

While my own faith tradition is Christian,
anyone of any faith is welcome to come celebrate God's
transcendence and immanence.
Come explore this dance of love.

Carolyn 301.588.2925

carolyn@cmagicisafoot.com

www.cmagicisafoot.com



Details and registration on the back

LOVE, LONGING, AND PRESENCE: A DANCE WITH GOD

September 6-8, 2013 Silent Retreat

Friday evening

(Retreat starts with dinner at 7, optional chance to unwind with gentle yoga available at 5 pm)

through Sunday afternoon.

(Retreat ends around 2 pm after Lunch, you are welcome to stay and enjoy the grounds on Sunday afternoon)

Rolling Ridge Study Retreat Community

Harpers Ferry, WV

<http://www.rollingridge.net/>

Cost \$210 (sliding scale available)

non-refundable deposit \$70 reserves your place

Limited to 10 participants

Registration and Inquiries Contact Linda DeGraf

138 Tupelo Lane

Harpers Ferry, WV 25425

linda@rollingridge.net

301.789.9097

You may bring something, or find something in the woods, that expresses your intention for the weekend. We will place these things on a prayer table in the practice room.

Props will be provided.

You are welcome to bring your own mat and cushion if you wish.

Some previous experience with yoga or meditation is recommended but not required.

ALL ARE WELCOME

TO REGISTER SEND \$70* deposit to Linda DeGraf

Rolling Ridge Study Retreat Community

138 Tupelo Lane

Harpers Ferry, WV 25425

Name _____

Phone _____

Address _____

E-Mail _____

*Reduced fees are available for those who need it.