

# FOCUS

-- An Initiative in Adult Education --

Open to the members of Chevy Chase Presbyterian Church and to the larger community

**THURSDAYS**

**OCTOBER 7, 14, 21, 28, NOVEMBER 4**

**7:30 – 9 PM**

## THE BODY IN PRAYER AND WORSHIP

In this series we will explore physical presence and movement in worship. While the sessions will be primarily experiential, we will examine the topic intellectually as well. Reflecting on how the body has been used and understood in the Bible and in the history of Christianity will provide a context for a practice of embodied prayer. Our practice will include postures of the body as prayer, and sequences of postures to prayer songs, and sitting in stillness.

We will draw upon the depth of understanding offered by the ancient tradition of yoga as a devotional practice and as a means of releasing the restlessness of the body to prepare the mind to be still that it may hear the voice of God, whether in silent meditation or quiet scripture reading. These practices call us to integrate body, mind, and spirit in our worship.

**No previous yoga experience is necessary.  
ALL ARE WELCOME**

All poses and sequences can be modified for all conditions, abilities, and propensities. Chairs will be provided for those uncomfortable on the floor. Mats and blankets also provided. Wear clothing in which you can move easily. Yoga is best on an empty or nearly empty stomach.

There is no charge for the workshop series. Reservations are required.



**Carolyn Bluemle**, has been teaching yoga since 1989, is Iyengar yoga certified, and holds a Masters in philosophy from UC Berkeley.

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

**The Chevy Chase Presbyterian Church**  
**One Chevy Chase Circle NW Washington, DC 20015-2976**  
**(202) 363 2202 Ext 22** [lynn@chevychasepc.org](mailto:lynn@chevychasepc.org)

Registration form on the back

# FOCUS FALL 2010

FAITH –OUTREACH-COMMUNITY- UNDERSTANDING-SPIRITUALITY

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Chevy Chase Presbyterian Church... “Where faith and life intersect.”

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## FOCUS – Fall 2010 Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_  
Email Address \_\_\_\_\_

**Course choice** \_THE BODY IN PRAYER AND WORSHIP\_ (no fee for program)

**Dinner optional; reservations required\* (number of persons children/adults):**

\* Dinner (\$7.00 per person for youth/adults; \$3.00 for children age 3-10; children 2 and younger free), is available for those with reservations from 6:30 – 7:15 p.m. in Chadsey Hall.

**No-shows will be billed** for the meal.

	October 7	___ Adults	___ Children
	October 14	___ Adults	___ Children
	October 21	___ Adults	___ Children
	October 28	___ Adults	___ Children
	November 4	___ Adults	___ Children
Fees:	Dinner...	\$7.00 per person/ per meal	\$ _____
	TOTAL INCLUDED:		\$ _____

Make checks for payable to CCPC, marked FOCUS, and return form to CCPC, One Chevy Chase Circle NW Washington DC 20015-2976 Online registration is available at [www.chevychasepc.org](http://www.chevychasepc.org)