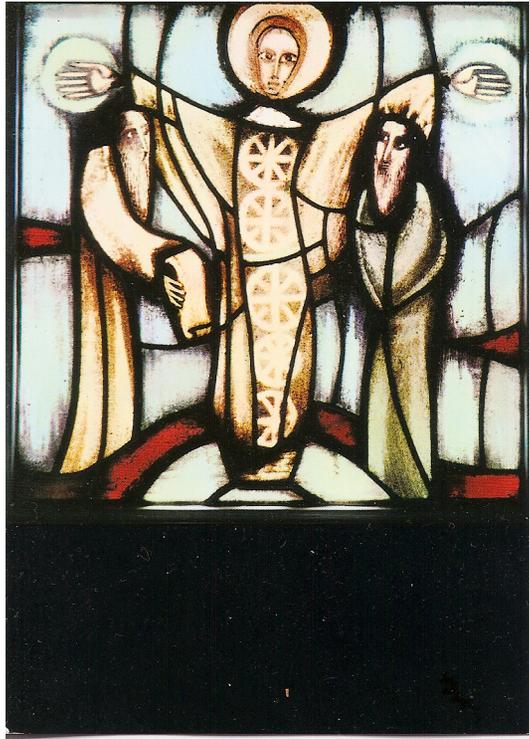


“Holy Spirit, invisible to human eyes, you breathe on what is fragile within us. And so the anxieties of our heart can be transfigured into humble trust and profound joy.”

----Taizé Prayer



The Transfiguration, stained glass window by Br. Eric of Taizé.

☯ ☯
*Come away with friends and
Make friends*
Explore our relationships with God,
ourselves, and each-other,
Come home to our bodies
in yoga and reflection,
Pray with mind body and spirit.
&
Have fun

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

Those with no yoga experience:

Find out how opening your body can help to deepen your relationship with God and with yourself. 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.

Please Bring

A snack or wine to share on Friday night if you wish.

Something that symbolizes your relationship with your body to place on a prayer table in the practice room.

And, if you have them, a mat and meditation cushion.

Props and chairs will be provided.

“TEMPLES OF THE SPIRIT”

2ND ANNUAL WOMEN'S
PARISH RETREAT



November 6 & 7, 2009

Friday dinner through
Saturday late afternoon

Transfiguration Lodge

Camp Washington

Led by Carolyn Bluemle

Christ Church Parish

www.christchurchredding.org

203.938.2872

Rev. Marilyn Anderson, Rector

In this retreat we will have a chance to have fun, to connect with friends and make new ones. We will have social time among ourselves, Evening and Morning Prayer with Rev Marilyn Anderson and Taizé chant, as well as sessions exploring prayer and discussion time with Carolyn Bluemle.

In last year's retreat, spa activities helped us care for our bodies. The theme this year is the body as the temple of our spirit. How do we honor our bodies? How do we treat our bodies with reverence? How do we come home to our bodies? How do we pray with our bodies?

We will learn to come to the level of sensation in our bodies where we can live within our bodies, rather than outside in a seat of judgement. We will use the ancient wisdom of yoga to help remove some of the tensions and restlessness which block us from ourselves and from God. We will work with simple postures and breath to pray in worship with song. Yoga can deepen our devotion by aligning the body with spirit and quieting us to hear the still small voice of God. We will also explore some simple forms of meditation.

No previous experience of yoga is necessary: all the postures and sequences can be modified for any level of experience or agility. Everything can be done on a chair or on the floor, depending on your inclination.

All are welcome!
**Let's continue our
tradition, ladies**

See you then

Cost:

\$156.50 single

\$126.50 double

Includes:

Room, Dinner, Breakfast, Lunch
Scholarships are available!!

Checks payable to Christ Church Parish,
w/ "Women's Retreat" in the memo line.
For doubles, please let us know if you
have a preference for a roommate.



Carolyn Bluemle

has taught yoga since 1989 and is Iyengar certified. She has led numerous retreats at Holy Cross and 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 with joy and compassion. Her teaching, precise and enthusiastic, with humor and compassion, reflects her deep experience of yoga as prayer.

Ask Carol Tolonen
about
Dancing with God
at Holy Cross Monastery
with Carolyn.

www.cmagicisafoot.com



Transfiguration Lodge Camp Washington

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Lakeside, CT 06758
860.567.9623

www.campwashington.org/

“TEMPLES OF THE SPIRIT”