

# *Entering Advent with a Grateful Heart*

**November 27-29, 2009**

Friday Supper - Sunday Feast  
**\$230 Includes:**  
meals, single room, and program



© Becky Nielson

*Yoga Sequences*

***Holy Cross Monastery***

*on the Hudson River NY*

*Mindful Walking the Labyrinth*

*Chanting with the Monks*

Resting in God; That God may Rest in Us

*Meditation*

Take refuge. Pray. Cultivate a grateful heart. We will slow down to monastic rhythms and enter the mystery of the present moment to prepare for receiving the full delight and amazing grace of God's Love.

We will pray with our bodies, as able and inspired, to songs which express God's love for us. Yoga can deepen devotion by releasing stress and aligning the body with spirit. It is a remarkable way to worship, inwardly focused and accessible to all. Come explore these practices of mindful walking, mindful eating, yoga, chanting, and silence to cultivate a grateful heart.

## **To Register:**

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

***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.*

## ***Please bring***

Something that symbolizes the meaning of Advent for you (to place on a prayer table in the practice room).

And, if you have them,  
a sticky mat and a meditation cushion.  
Chairs and props are provided.

## **Carolyn Bluemle**

Carolyn is a certified Iyengar teacher and has been teaching yoga since 1989. Through Yoga, Taizé Chant, and Meditation she has returned with joy and compassion to her Christian roots. Her teaching, precise and enthusiastic, with compassion and humor, reflects her deep experience of yoga as prayer.

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



## **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 of the Culinary Institute of America.

