



Br. Eric, Taizé

All are welcome

No prior yoga experience necessary

All poses can be modified for any body.

Contact **Carolyn 301 588-2925**

carolyn@cmagicisafoot.com

Carolyn Bluemle has been teaching yoga since 1989 and is Iyengar certified. Her teaching reflects her own experience of yoga as prayer. She will lead yoga posture sequences to prayer songs.

Chef Rachel Merga was featured in "Vegetarian Times" magazine. She is passionate about working with natural, local, seasonal, organic ingredients. She will prepare a delicious and nutritious meal for us.

We will eat around the font.

Nap will follow.

---Registration form on the back---

Lenten Silent Day of Prayer

Annunciation

St Stephen and the Incarnation Church

16th & Newton St NW DC

9 am - 3:30 pm Saturday March 26, 2011

\$45 Includes lunch (sliding scale available) Max participants: 15

Come to a place apart and rest for a while. Take time to let the habit energy, worries, and distractions fall away that the curtain may open to reveal: All the ways God calls to us through the suffering and delights in this world and in our imagination. How do we say yes? Let us step back, when we are stuck or carried away, to see with new eyes.

You who let yourselves feel: enter the breathing that is more than your own. -- Rilke

Prayer Forms in Body and Voice and Spirit

Yoga

Chant

Meditation

Lectio Divina

Mindful Breathing

Mindful Walking

Mindful Eating

