

Lenten Silent Day of Prayer Saturday March 26. 2011 9 AM - 3:30 PM  
St Stephen and the Incarnation Church  
1525 Newton St NW, Washington, DC (at 16th Street)  
Carolyn Bluemle 301 588-2925 [www.cmagicisafoot.com](http://www.cmagicisafoot.com)

**Please bring** layers of clothing for comfort in case the church is cold. Yoga props will be provided, but you are welcome to bring your own mat and cushion. For the sake of the environment and ease of care, please bring your own cup, plate, bowl, and utensils.

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cut at dotted line and retain the rest for your records

To Register send check for \$45 (sliding scale available)  
to Carolyn Bluemle  
610 Kennebec B-3  
Takoma Park, MD 20912  
301 588-2925

Payment prior to the retreat is greatly appreciated, for quiet entry into sacred space.

If you must pay on the day of the retreat, please have cash or check in hand when you arrive  
thank you