



Love, Longing, and Presence: A Dance with God

June 3 – June 7 2009 Silent Retreat
Wednesday through Sunday
Led by Carolyn Bluemle
Holy Cross Monastery on the Hudson, NY
Limited to 16 participants

\$425 includes 4 nights single room, gourmet meals and program.
Register with the monastery: 845.384.6660

www.holycrossmonastery.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. Their cook is a graduate of the Culinary Institute of America.

LOVE, LONGING, AND PRESENCE: A DANCE WITH GOD

Come away; take refuge, slow down to the monastic rhythms of each day and to the rhythms of your own breath. We will pray, entering the mystery and power of the body through yoga, meditation, and chanting with the monks.

Yoga can deepen devotion by: aligning body with spirit; tapping our gifts of core strength and integration; being inwardly focused while quietly expressive or exuberant. And above all, yoga is accessible to all: all postures and sequences can be modified for any body; no previous experience is necessary. We will learn and pray sequences to songs of love, longing, and presence. Come explore this dance of love as we approach Trinity Sunday.

We will enjoy a silent walk around the lake at John Burroughs Sanctuary nearby, Taizé chant and yoga prayer in the chapel, and quiet meditation: resting in God that God may rest in us.

Please bring something to place on the prayer table in the practice room, something which expresses your love or longing.

Also, if you have them, your own mat and meditation cushion.

Props, mats, and chairs will be provided.

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Carolyn Bluemle

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, reflects her deep experience of yoga as prayer.