

# CHRISTIAN YOGA AND MEDITATION RETREAT: PRAYER OF HEART AND BODY



May 4-6, 2012  
Fr. Tom Ryan, C.S.P.  
Offering: \$250-\$275

Experience praying as a whole and embodied person. Prayer can be so much more than a mental activity. In corporate worship, people stand, sit and kneel because these various actions align the body with the mind and heart. The postures of yoga offer new ways to open yourself to God in prayer. We will link a variety of postures into a harmonious flow that gives holistic expression to classic prayers and psalms set to music. We will also practice a method for meditation drawn from the Christian tradition. The more we learn to pray as a whole person, the more meaningful prayer becomes, and the more it can serve as an instrument of transformation in our lives. Beginners welcome. Please bring a yoga mat with you. The retreat begins with a buffet dinner from 6:00-8:00 p.m. on Friday evening and concludes around noon on Sunday.

**Fr. Tom Ryan** directs the Paulist North American Office for Ecumenical and Interfaith Relations in New York City. As a Christian counselor and certified yoga instructor, he has the background and skills to present centering prayer and hatha yoga as devotional practices. He is the author of *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*. Visit his website at [www.tomryancsp.org](http://www.tomryancsp.org).



## Registration Form

Parish	Town	Christian Yoga, May 4-6
Name	Telephone	Birth Date
Address	E-mail	Emergency Phone Number
City	State	Zip

If double, roommate's name

- New Retreatant
- Enclosed is my \$100 deposit

Mastercard, Discover, or Visa Accepted.  
Retreat Offering: \$250-275  
(More if you can. Less if you can't.)



Please mail your completed registration form with deposit to:  
**Holy Family Passionist Retreat Center • 303 Tunxis Road • West Hartford, CT 06107**  
860.521.0440 • [www.holyfamilyretreat.org](http://www.holyfamilyretreat.org) • [holyfamilyretreat@cpprov.org](mailto:holyfamilyretreat@cpprov.org)

