

YOGA RETREAT DAY

BE STILL and KNOW

Saturday, Sept 24, 2011
9:00 - 4:00 pm

with *Lois Perron*

OUR Christian scriptures invite us to find times of solitude and stillness in order to listen to the whispers of our God of unconditional love. We invite you to find this stillness through the spiritual practice of Christian Yoga. Using contemporary and traditional Christian music, guided and self-guided meditations, this retreat day will offer gentle, energetic and restorative yoga mixed with generous time for stillness.

No previous yoga experience is needed – just an ability to get up and down off a yoga mat.. Wear comfortable clothing and bring a yoga mat, yoga block, strap, blanket and journal if you have one. Class is limited so register early.

For more information about this day, please contact Lois at loisp@holyyoga.net.

Lois Perron is a certified Masters Holy Yoga Instructor and has training in Therapeutic Yoga.. She is also a trained Spiritual Director and retreat facilitator who brings the joy of embodied prayer to her students.



Please call 403 228-4215 to register. MasterCard and Visa are accepted. Cancellation fees applicable.

Cost: \$75, includes lunch



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