

An Invitation to a Unique Lenten Mini-Retreat Experience

Prayer of Heart and Body

Meditation (prayer of the heart) and Yoga (prayer of the body)

Sunday, April 7th (5th week of Lent) 12:30 PM - 4:30 PM,
Saint Raymond's Hall, 1240 North Main Street Providence, RI 02904
Led by Fr. Tom Ryan, CSP

Experience praying as a whole and embodied person.

Prayer can be so much more than a mental activity. In community worship, people stand, sit, and kneel because these various actions align the body with the mind and heart. But there are many more postures available to us than just standing and sitting and kneeling.

Two increasingly popular practices that have gone mainstream in fitness or health centers are **meditation** and **yoga**. In this mini-retreat, both will be taught in a context of Christian faith with an eye towards helping Christians realize a positive integration of these practices into their prayer life and spirituality.

In addition to other benefits like becoming calm, relaxed, and centered, meditation (prayer of the heart) and yoga (prayer of the body) offer a way into an encounter with God in inner quietude. Participants will learn a meditative method drawn from the Christian contemplative tradition and experience the potential of bodily movement as prayer, by entering into a guided series of yoga postures to the words of classic Christian prayers set to music.

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.
No prior experience, mats, or blocks required.

Fr. Ryan directs the Paulist North American Office for Ecumenical and Interfaith Relations in Boston, MA, and is the author of 16 books covering a wide variety of topics in the spiritual life. www.tomryancsp.org

Prayer of Heart and Body Lenten Mini-Retreat

Cost/Contribution: \$15.00 per person

Please return this registration form in an envelope with a check addressed to St. Raymond's Parish at 2 Matilda Street, Providence, RI 02904, or drop it in the collection basket at Mass. Please contact the Parish office for more information (401-351-4224).

Name(s) _____ Phone # _____

_____ Email _____

Total amount enclosed: _____ check enclosed: yes ___ no ___