

# PRAYER OF HEART & BODY

An Exploration of Christian Meditation & Yoga  
Retreat for Women & Men

September 10-12, 2010  
Friday 7:15 p.m. - Sunday 1:00 p.m.



Directed by Fr. Tom Ryan, CSP

The more you learn to pray with your whole being, the more meaningful prayer can become, and the more it can serve as an instrument of transformation in your life. 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 the basics of meditation in the Christian contemplative tradition, as well as a range of yoga poses linked in harmonious flows that give holistic expression to classic Christian prayers and psalms set to music. Open to men and women of all ages. Bring a yoga mat. No previous experience required.

Through conference, discussion, private and communal prayer we will experience a weekend of balance and insight.

The program includes all meals Saturday, breakfast and lunch on Sunday. We will have a Vigil Mass on Saturday. This retreat is open to men & women anywhere on the Spiritual Journey. Come be enlivened.

## The Director:



Father Tom Ryan, CSP a Paulist priest, has a rich background in prayer, dialogue, and collaboration. He directs the Paulist North American Office for Ecumenical and Interfaith Relations in Washington, DC, and is involved in leading retreats and ecumenical dialogues throughout the country. His passion for holistic spirituality is reflected in his writing. Among his dozen books are *Wellness, Spirituality, and Sports*; *Prayer of Heart and Body*; *Disciplines for Christian Living*; *Reclaiming the Body in Christian Spirituality*; *The Sacred Art of Fasting* and the DVD *Yoga Prayer*.

## Cost:

The suggested offering for this weekend retreat is \$275.00. We ask for \$75.00 as a deposit with your reservation. The deposit is non-refundable, but may be transferred to another retreat for up to one year.

Dominican Retreat

7103 Old Dominion Drive

McLean, VA 22101