

# Christian Yoga Retreat

## Gift and Gratitude: Finding God in All Things

God asks us to be still so that we can be with Him and be open to His love and guidance. Quieting the mind and shutting off its chatter and constant activity require time and practice. A powerful way to find stillness and inner peace is through the combination of contemplation and yoga.

This retreat invites you to step out of your noisy world and spend time in silence with yourself and God. Through guided meditations, Christian contemplative yoga sessions, and time for prayer and quiet reflection, you are giving yourself a gift.

Leading this retreat are Fr. Leo Cachat, SJ, Mary Gresens and DiAnne Patterson Schultz.

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**Friday, Aug. 30, 7:30 PM –  
Sunday, Sept. 1, 2024, 1:00 PM**  
(meals begin with Saturday breakfast)

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**Non-refundable, non-transferable deposit  
of \$50 due at registration.**

**Make reservations online at  
[manresa-sj.org/083024-mw](https://manresa-sj.org/083024-mw)  
or phone at 248.644.4933 Ext. 0.**

