



Redemptorist Renewal Center

At Picture Rocks



The Desert will lead you to your Heart where I will speak. (Cf. Hosea 2:14)

Integrating the Heart
Restorative Yoga and Contemplation Retreat
Fr. Greg Wiest, CSsR
Jan. 7 & Feb. 25, 2017- 9:00 a.m.-3:00 p.m.



Please note: The yoga in this retreat does not require any prior knowledge or practice of yoga. However, it is not for people who have respiratory problems, physical disabilities, or mobility issues such as joints, knees, shoulder, and hip issues. The practice requires being able to breathe, stand, sit, kneel, and lie on the floor without discomfort.

Our lives pull us apart in many directions each day. It is difficult to have a space where our bodies can catch up to our minds and our minds can catch up to our hearts.

This day will consist in a restorative, gentle yoga practice, followed by contemplative sitting, and ending with time for journal writing and shared reflection. Movement, breath, stillness, and expression permit integration into our lives so we can feel more deeply the life of God at the center of our hearts. A notebook and writing implement is needed.

If you have a yoga mat please bring it but if you don't, one will be provided.

Cost: \$45.00 Please call or email us at office@desertrenewal.org for registration

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