

IGNATIAN YOGA RETREAT

Movement

Reflection

Growth

May 19-21

Jesuit Spiritual Center - Milford, Ohio



Experience two deeply rooted traditions that have stood the test of time - the spirituality of St. Ignatius and the practices of yoga and meditation.

Retreat will include:

- Background and core principles of Ignatian spirituality and Yoga
- Ignatian prayer: The Examen, Spiritual Exercises, Ignatian Discernment, Ignatian Contemplation
- Yoga practices: Breathing Meditation, Vinyasa Flow, Yoga Nidra, Yin Yoga
- Communal prayer, small group sharing, recharge and explore the beautiful surroundings.

Facilitators: Katie Glover, Alan Haras, Brian Shircliff, and Bobby Karle, SJ

Cost: \$235 (Includes accommodations for two nights and five meals)
All levels welcome, from yoga-beginners to advanced practitioners!

More Information: ignatianyoga@gmail.com

Registration: jesuitspiritualcenter.com
reservations@jesuitspiritualcenter.com