

MIND BODY [HOLY] SPIRIT

LED BY: KIM OWENS

15 years of Centering Prayer Practice
More than 10 years of leading workshops in Atlanta &
Statesboro for the bodywork and faith communities

Peace. Be Still.

Join us for an exploration of the present moment through Christian faith-based exercises that will help us tune-in to God's abiding presence.

Mind.

Place the mind in the heart:
Introduction to Centering Prayer, a
Christian meditation of intention
combined with sacred readings.

Body.

Prayer of the heart: Practice simple
embodiment exercises that reconnect
us to God's grace that sustains.

Spirit.

Be still and know: Experience the deep
peace of surrendering to God's
presence and action within.

WORKSHOP INFO:

Saturday, November 4th
10a-12p

\$30 in advance

Register online at:

www.sacredspaceyogi.com/workshops

or call: (912) 495-8340



Mark 4:39

THEN HE AROSE AND REBUKED
THE WIND, AND SAID TO THE SEA,
"PEACE, BE STILL!" AND THE WIND
CEASED AND THERE WAS A
GREAT CALM.

General Course Outline (2 hours)

1. Welcome w/ opening prayer, Names, Brief explanation that this is experiential and we will be learning as we practice. Explain that this is a silent time. (10)
2. Guided body scan by breathing into specific areas/comment what you noticed (10)
3. Centering Prayer session #1 (20)
4. Sacred reading w/ response (10)
5. Q&A (10)
6. Break (10)
7. Breathe in: Arms float up / Breath out: Palms face body as they scan down (10)
8. Centering Prayer session #2 (25)
9. Sacred reading (10)
10. Wrap up / Q&A (10)

Discuss recommended books: Prayer of Heart and Body by Thomas Ryan, and The Heart of Centering Prayer by Cynthia Bourgeault.

Take home a **bookmark** with the CP steps and resources: Contemplative Outreach & Contemplative Society
Complete form asking for rating and feedback/ and which date and time for follow-up sits: Wed 12 or Fri 11, first week of each month.