

Meditation and Motion: A Path to Inner Awakening

Still in Movement and Rest



Description: This retreat day will offer the opportunity to quiet our minds and bodies. We will experience a way of knowing that goes beyond one's rational understanding and embraces the whole of a person: mind, heart, and body. There will be times of meditation to "be still and know". There will be times of body movement (body prayer or meditation in motion) to more fully connect to the very life force of God that we carry within us, to that place of stillness within. These contemplative practices will allow us to sink into God's formless hands for cleansing, transformation, and spiritual growth. There will be opportunities for journaling, quiet individual reflection, and group reflection.

This event is suitable for people of all levels of fitness. The body movements are slow and gentle. Participants are asked to wear loose, comfortable clothing.



Leader: Arlyne Hoyt has been involved personally in contemplative spirituality since the mid 1980's and currently has a practice in spiritual direction, qigong, and shiatsu in Lewisburg PA. She completed her training in spiritual direction from Oasis in 2009 and the Contemplative Living Program in 2014. She is retired from Bucknell University where she served as director of Psychological Services.

Date: Saturday, November 04, 2017

Time: 9:30am-3:30pm

Where: St. John's United Church of Christ,
1050 Buffalo Rd., Lewisburg, PA 17837

Retreat Fee: \$60 - \$85 (as you are able) Please bring a bag lunch.



Ministries for Spiritual Development
Drawing from the depths of spirit
Contemplatively
Actively

Oasis Ministries for Spiritual Development

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