

Our Lady of Calvary Retreat Center presents:

# YOGA AND MEDITATION



**Tuesday, April 20, 10-11:30 A.M.**

**Thursday, May 6, 7-8:30 P.M.**

**Instructor: Pat Develeskis**

At every level in our lives we need to step back, slow down, and experience the stillness. During these sessions, we will sit together in yoga and in meditation to be present to this stillness. Compassionately guided through simple breathing techniques, warm-ups, and modifications, yoga poses will be achieved using props, partners, and repetitions.

Throughout each session the chair will serve as a principal support. Whether you are new to yoga, a life-long practitioner, or simply wanting to experience a gentle approach, what you gain from these sessions can become a valuable part of a life-long practice.

**What to wear/bring:** Loose comfortable clothing and socks. A cushion or pillow for your back if there is a possibility that your feet may not touch the floor with your shoes off.

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*Pat Develeskis is a certified yoga instructor and has been a practitioner of yoga for 37 years.*

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## REGISTRATION FORM

YOGA, April 20, 2010

YOGA, May 6, 2010

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Name

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Address

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City

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State

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Zip

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Phone

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Parish

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Parish Town

My \$15 offering is enclosed; or \$30 if I am signing up for both sessions.

I also include \$\_\_\_\_\_ for those needing financial assistance to attend retreats.

Mail Reservation and Offering to: **Our Lady of Calvary Retreat Center**

31 Colton Street • Farmington, CT 06032

860.677.8519 • [www.ourladyofcalvary.com](http://www.ourladyofcalvary.com) • [olcretreat@sbcglobal.net](mailto:olcretreat@sbcglobal.net)

