



# Honoring the Body Christian Yoga

**Six Tuesdays of Lent,  
February 23; March 2, 9, 16, 23, & 30, 2010  
6:00 p.m. – 7:15 p.m.  
\$90**

The idea of “discipline” has gotten a bad image in our culture - of something staid, inhibited and restrictive. It is in fact a powerful tool for creating freedom and lightness in our lives. It simplifies our relationship with desires and the ties that so often bind us.

Lent is a wonderful liturgical time to undertake the discipline of “giving up” or “letting go” of some our habits. Discipline is an important teaching in yoga. It can take the form of a commitment: giving up something we do, or introducing something we don't usually do.

In this six-week series, we will undertake the physical and energetic discipline of a body-and-breath practice through a style of yoga that is safe and accessible for everybody. We will begin the class with a passage from scripture setting our intention for each session and as a basis for reflective chanting (in English) to draw our minds inward. The class will include deep relaxation, breathing practices, chanting scripture, concluding with a short silence.



**Instructor Dawn Summers** is a practicing Christian, a certified yoga instructor and yoga therapist in the tradition of *Viniyoga*. She has taught Lenten Yoga classes in other churches, and conducts annual church retreats on the theme of “Yoga and Christianity.” She has taught yoga since 1985 and lives in Pacifica, CA. For more information go to Dawn’s website at [www.newdawnnyoga.com](http://www.newdawnnyoga.com).

**To register for this program, please call 650-340-7454 or  
go to our website at [www.mercy-center.org](http://www.mercy-center.org).**



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