

Elaine Zakreski rejoices in sharing her gifts with others. A wife, mother and grandmother, Elaine is a Holy Yoga teacher who has her International Yoga certification. She also has graduated from Richard Rohr's Center for Contemplation and Action and is completing a Spiritual Direction Formation.



Diane Waldbillig has been married for 43 years, has four children and 8 grandchildren. Holy Yoga has transformed Diane's health and spirituality and she enjoys sharing her faith in gentle yoga classes. Besides her Holy yoga certification, Diane has training in Yoga Therapy, Kids Yoga, Chair Yoga and Trauma-Sensitive Yoga.

Holy Yoga is a Christ-centered Yoga practise that combines prayer, scripture and Christian music with gentle movement offering options to fit every body. Holy Yoga creates a comfortable place for all faiths and cultures.



A place of hospitality, beauty, and quiet, Queen's House welcomes all peoples in their unique life experiences. They come to pray and worship, to seek healing and human dignity, to grow in knowledge of self, the world and God. Embracing its own need for conversion, Queen's House looks to the day when all may love tenderly, act justly and walk in truth with one another and with God (Micah 6.8).

Holy Yoga



Presents

***Finding Joy in
Imperfection,
A Day Away with***

***Elaine Zakreski &
Diane Waldbillig***

Saturday, June 10, 2017

8:30 am to 5:00 pm

***Queen's House of Retreat and
Renewal***

601 Taylor St West, Saskatoon

Finding Joy in Imperfection

What we want is not actually happiness but joy. Joy is the far greater thing. Dalai Lama

The three greatest factors...for happiness/joy are our ability to reframe our situation more positively, ability to express gratitude and our choice to be kind and generous. Psychologist Sonja Lyubomirsky

Happiness depends on happenings and joy depends on God.

Our goal is to be a reservoir of joy, an oasis of peace, a pool of serenity that can ripple out to all those around us. Archbishop Desmond Tutu

Wholehearted living... means cultivating the courage, compassion and connection to wake up in the morning and think, No matter what gets done, I am enough... I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am brave and worthy of love and belonging. Brene Brown



This day away will give us time to connect with ourselves, other women and with our God. There will be times of spiritual talks, mindfulness meditation and contemplative prayer, along with gentle restorative yoga. This will be a total mind, body and spirit experience giving us rest and relaxation. There will be time for solitude in beautiful Queen's House and its gardens, nestled on the South Saskatchewan River.

REGISTRATION FORM

Holy Yoga: Finding Joy in Imperfection

Name: _____

Address: _____

Postal Code: _____

Telephone: () _____

Special diet and other needs:

Cost of day is \$75 which includes a hot lunch.

Register your interest by emailing dianew@holyyoga.net or calling Diane at 306-370-6682

