



## Mission Statement

At the service of the church and one with the *Missionary Oblates of Mary Immaculate* whose mission is that of Jesus Christ sent to announce good news to the poor, freedom to captives and new vision to the blind (Luke 4), Queen's House is primarily committed to the renewal of the people of God with special regard for the alienated and the suffering.

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. With risk and daring Queen's House responds to these needs through creative programs and collaborative ministry.

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).

### Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To register please call **306-242-1916** or email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)

For details on all programs:

## Queen's House

A sacred place to stimulate your mind and nourish your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Biblical Learning & Engagement
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Refuge
- ◆ Yoga & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Fellowship, Celebration, Worship

### MAKE YOURSELVES AT HOME

#### WITH US

*"Come away to a deserted place and rest for a while ..."*

(Mark 6:31)

## Mindfulness and Mercy: A Holy Yoga Retreat

**Saturday May 7, 2016**  
**8:30 a.m. - 5:00 p.m.**



**Elaine Zakreski**

**Diane Waldbillig**

**Queen's House**  
**Retreat & Renewal Centre**

—  
***A Home Away from Home***

## Mindfulness and Mercy: A Holy Yoga Retreat

Mindfulness is living in the present moment, being aware of ourselves and the world around us, savoring each breath and honoring each encounter, realizing that we are all connected as beloved children of God. Mercy is complete love and forgiveness, first to ourselves, wounded and wonderful; then to each flawed creature on earth. We realize God's abundant generosity and love which inspires us to be more generous with ourselves and companions on our journey.

“Mercy will always be greater than any sin and no one can place limits on the love of God who is ever ready to forgive.”  
*Pope Francis*

**Saturday, May 7th, 2016**

**8:30 a.m. – 5:00 p.m.**

**Cost: \$100 - includes program, lunch  
and refreshments**

To register please contact Queen's House:  
306-242-1916  
or email:  
receptionist@queenshouse.org

Elaine and Diane will share their love of Holy Yoga, a unique prayer form, using calming breath, contemplative meditation and gentle, relaxing stretches with options to fit every body. This day will give you food for your mind, rest for your body and encouragement for your soul so you can experience health, healing and abundant life. Come listen to inspiring spiritual stories and connect with other people in discussion, prayer and fun.

HOLY  YOGA

**Elaine Zakreski**

rejoices in sharing her gifts with others. As a wife, mother and grandmother Elaine excels in the faith based journey of her second act. Elaine is an educator, author and Holy Yoga teacher with International Yoga



certification. She and her husband Peter are the founders of Hope for Malawi. Recently, she completed the Living School program at Franciscan Father Richard Rohr's Centre for Action and Contemplation. She is currently in the Spiritual Direction Formation Program at Queen's House.

**Diane Waldbillig** is the mother of 4 and grandmother of 7 and a Holy Yoga teacher. She brings her experiences of God's grace in her life and insight into Yoga Therapy. Her goal in life is to remind people that God is always with us in our lives and loves us no matter what.