

***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 is a graduate of the Living School of Contemplation and Action and is a Spiritual Director.***



***Holy Yoga is a Christ-centered experiential practise, where we learn how to use our minds, bodies and spirits to relax and authentically connect to God through his Word, worship and wellness. Holy Yoga creates a comfortable place for all faiths and cultures and offers gentle options to fit every body.***



***Diane Waldbillig has been married for 44 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.***

***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**

***The Grace in Living,  
A Day Away with***

***Elaine Zakreski &***

***Diane Waldbillig***

***Saturday, June 9, 2018***

***8:30 am to 4:30 pm***

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

***601 Taylor St West, Saskatoon***

***Let what distracts you cease. Let what divides you cease. Let there come to an end what diminishes and demeans and let depart all that keeps you in its cage. Jan Richardson***

***Let us discover together, underneath all the mess and disappointment of this bittersweet human experience, your timeless perfection ... your home. Jeff Foster***

***Grace will appear in both sweet and fierce forms...sent from beyond to open us to the radiant fullness of being. Matt Licata***

***Take one step away from yourself—and behold—the Path. Abu Sa'id***

***And we are put on earth a little space to learn to bear the beams of love. William Blake***

***Hope starts the journey. Faith sustains it. But it ends beyond both hope and faith. Ram Dass***

***May each of us have the grace to die to who we think we are, before who we think we are dies. Kathleen Dowling Singh***



***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. No previous experience necessary; optional poses for chair or mat will be available. There will be time for solitude in beautiful Queen's House and its grounds nestled on the South Saskatchewan River.***

## REGISTRATION FORM

### *Holy Yoga: The Grace in Living*

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](mailto:dianew@holyyoga.net) or calling Elaine at 306-652-1382

