

HOLY YOGA

The Grace in Living: A Holy Yoga Day

Presented at beautiful riverside Queen's House of Retreat and Renewal, Elaine and Diane will share their love of Holy Yoga, a unique prayer form, using calming breath, contemplative meditation and gentle, relaxing stretches. No experience necessary. Chair and mat pose options available. This day will give you food for your mind, rest for your body and encouragement for your soul, inspiring health, healing and abundant life.



Elaine Zakreski rejoices in sharing her gifts with others. Elaine is a wife, mother and grandmother, an educator, author and Holy Yoga teacher with International Yoga certification. She and her husband Peter are the founders of Hope for Malawi. Elaine completed the Living School program at Franciscan Father Richard Rohr's Centre for Action and Contemplation and the Spiritual Direction Formation Program at Queen's House.

Diane Waldbillig is the mother of 4 and grandmother of 8 and a Holy Yoga teacher. She brings her experiences of God's grace in her life and insight into Yoga Therapy through Gentle Yoga accessible to every person. Her goal in life is to remind people that God is always with us in our lives and loves us no matter what.

Date: Saturday, June 9, 2018

Time: 8:30 am – 4:30 pm **Place:** Queen's House (601 Taylor St West, Saskatoon)

Cost: \$75 (includes lunch and refreshments)

To Register: Please contact:

- **Email:** dianew@holyyoga.net
- **Phone:** Elaine at: 306-652-1382