

THE BEHAVIORAL HEALTH MINISTRY TEAM AND REV. CATHERINE QUEHL-ENGLE PRESENT



MIND, BODY, SPIRIT RETREAT

November 18, 10am-3pm
Christ Episcopal Church, Cedar Rapids

This workshop is welcome to all,
Episcopalian and non-Episcopalians.

The retreat will focus on:

- gentle meditative movement
- meditative seated and reclined practices
- Simple acupressure points
- Healing vibration and soothing sounds of singing bowls
- Yoga Nidra (Yoga Nidra is a guided sleep-based meditation historically used for consciously resting in Union with The Sacred) round out our time together.



Event cost: FREE

Lunch: \$12pp and will be provided by
Groundswell Cafe, Cedar Rapids

You can find more information and
register on our website,
<https://www.iowaepiscopal.org/mental-health> or scan the QR code.

