

# Stress-reducing Mind-Body-Spirit Prayerful Practices Workshop

Saturday, Nov. 18<sup>th</sup> 10am – 3pm, Christ Episcopal Church, Cedar Rapids  
Presented by the Behavioral Health Ministry Team and led by Rev. Dr. Catherine  
Quehl-Engel

This wellness workshop is open to all whether or not they are Episcopalian. Our day features gentle meditative movement as well as meditative seated and reclined practices which cultivate calm, decrease anxiety, and revitalize mind, body, and Spirit. These practices also assist our consciously living everyday life with greater ease and awareness of Oneness including with The Sacred. Learning simple acupressure points, as well as experiencing the healing vibration and soothing sounds of singing bowls in combination with Yoga Nidra round out our time together (Yoga Nidra is a guided sleep-based meditation historically used for consciously resting in Union with The Sacred. It is also used by The U.S. Defense Department and others to assist people living with PTSD, loss, stress, etc). Catherine weaves in both Christian and inter-spiritual contemplative wisdom.

Most standing Qigong movement (Qigong is older and simpler than Thai Chi) can be modified to seated. This meditative energy medicine has been used for thousands of years to calm, expand awareness, revitalize, and rebalance energy pathways of the body for emotional, mental, physical, and spiritual wellbeing. People wanting to experience the reclined Yoga Nidra experience should bring their own Nest of Comfort items (see info via link below). While not as deep an experience, people who need to sit for that time can do so and still experience benefits.

Click [here](#) to RSVP for this free workshop, and for more information on what to bring. 35 spots available, first come basis. An optional lunch (sandwich, salad, chips & drink) will be provided by [Groundswell Café](#) for \$12pp. Please choose whether you would like a meal reserved for you on the [registration form](#).

Presenter: Catherine is a priest-at-large in The Episcopal Diocese of Iowa and emerita Chaplain of Cornell College. She continues offering spiritual direction, workshops, retreats, and classes including at Prairiewoods Spirituality Center and *Mindfulness, Meditation, and Psychological Health* through the Cornell's Psychology Department. She is a certified sound healer, meditation and yoga instructor, and Qigong practice group leader. Her doctoral dissertation *Deep Abiding: Praying, Living, and Loving from the Inside Out* was a 30-person, 8 week study examining the use of compassion meditation for personal and communal healing. It was grounded in both Franciscan and Carmelite spirituality as well as scientific research on the mind-body and social

health benefits of heart-focused meditation (featured by HeartMath Institute in 2014). Visit her website at [CalmwithCatherine.com](http://CalmwithCatherine.com)

What to bring for Nest of Comfort items:

- Yoga mat, air mattress, sleeping bag or other item to recline on.
- Blanket (required...your body temp will drop).
- 2 pillows or 1 pillow and a yoga bolster (a pillow beneath the knees will assist with lower back support).
- Very Optional: Eye pillow or light scarf for covering your eyes.

This sound healing and Yoga Nidra experience will be approximately 50 minutes and occur after lunch. Again, if you need to sit instead of recline, please do so. Experience isn't as deep a letting go than if reclined, but still beneficial.