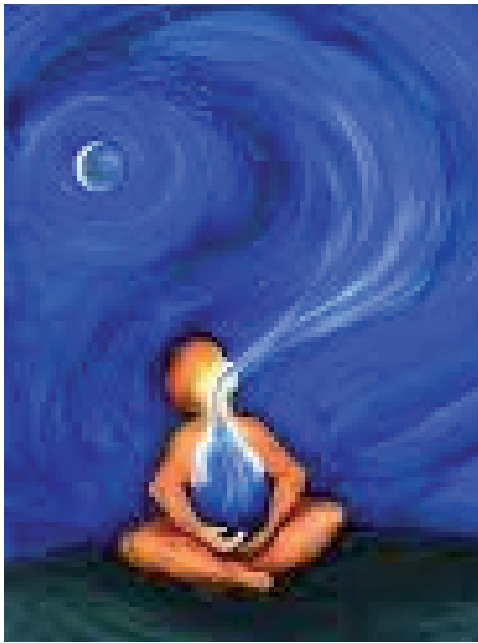


Breath Prayer

An Evening with Sr Maureen Conroy



Hosted by Campion Centre of Ignatian Spirituality

Where: "Montague" Theatre
Xavier College
Barkers Road
Kew

When: Friday 29 January 2010

Time: 7.00 - 9.00 pm

Cost: \$30

To book: Online - www.cis.jesuit.org.au
Email - secretary@cis.jesuit.org.au
Phone - (03) 98548110

We tend to hold our breath or breathe shallowly when we are feeling stress or concentrating on our work. We only use one-fifth of our lung capacity each day. Yet breathing has a great impact on our physical, emotional, mental and spiritual health. This session will explore the art of breath and how breathing in a healthy way enhances our total well-being and facilitates healing. You will experience breathing techniques that you can practice in your daily life as well as learn several forms of breath prayer. Come learn how to breath from your depths and in the depths of God.

Sr Maureen Conroy is an internationally acclaimed author and spiritual formator and is co-director of the Upper Room Spiritual Centre, Neptune, NJ.