



Villa Maria Education and Spirituality Center

ADULT PROGRAMS, JANUARY – MAY, 2010

Yoga and Gentle Yoga

Mondays, January 11 – February 22

4:00 – 5:00 pm **Gentle Yoga**

This method of yoga can be done sitting or standing and is designed for those who need a slower pace and simpler movements.

5:15 – 6:15 pm **Yoga**

Energizing Hatha Yoga

Presenter: Maureen Lauer-Gatta,
Registered Yoga Instructor

Cost: \$63; single session cost: \$10

Coffee and Contemplation: Divine Chocolate and Fair Trade

Tuesday, February 2, 9:30 – 11:30 am

This program includes a presentation, group discussion, and time for personal prayer.

Presenter: Yasmin Flor

Cost: \$7; \$13.70, includes lunch

Chocolate Retreat for Women

Friday evening, February 19 – Sunday
morning, February 21

In this retreat scriptural themes are interwoven with themes from the feature film *Chocolat* and the Clarissa Pikola Estes book *Women Who Run With the Wolves*.

Presenters: Sandy Kirschner and Sr. Patricia Lenard

Cost: \$220, includes two overnight accommodations,
Friday supper, Saturday meals, Sunday breakfast

Commuter cost of \$180 includes Friday supper,
Saturday lunch and dinner

Marriage Preparation Weekend for Engaged Couples

Saturday morning, February 20 – Sunday
afternoon, February 21

This program offers engaged couples the critical opportunity to prepare for essentially the most important step they will take in their lives. Villa Maria offers a peaceful and prayerful setting to explore basic concerns that will make or break a marriage.

Cost: \$185 per couple, includes overnight
accommodations and all meals from Saturday
breakfast through Sunday lunch

Commuter cost of \$160 per couple
includes all meals.

Lenten Retreat: Do You Believe?

Friday evening, February 26 – Saturday
afternoon, February 27

Through scripture, prayer, and song, this musical day of reflection on baptismal promises will help focus the Lenten journey.

Presenter: Rory Cooney

Cost: \$125, includes overnight accommodations, Friday
supper, Saturday breakfast and lunch

Commuter cost of \$105 includes Friday supper
and Saturday lunch

Yoga and Gentle Yoga

Mondays, March 1 – April 12

4:00 – 5:00 pm **Gentle Yoga**

5:15 – 6:15 pm **Yoga**

Cost: \$63; single session cost: \$10

*For additional information, including registration process and refund policy,
go to www.villaprograms.org or call 724.964.8886*

www.villaprograms.org
Villa Maria, PA 16155
P.O. Box 424
2105 Evergreen Rd.
and Spirituality Center
Villa Maria Education
of the Humility of Mary
A Ministry of the Sisters



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Coffee and Contemplation: Listening to God

Tuesday, March 2, 9:30 – 11:30 am

Presenter: Sr. Marguerite Holz, HM

Cost: \$7; \$13.70, includes lunch

Living in a Time of Impasse

Sunday evening, March 14 – Saturday
noon March 20

For individuals experiencing struggle with other persons, unjust systems, and situations which leave one feeling helpless and disempowered, this retreat will enable participants to engage their circumstances with wisdom and insight.

Presenter: Nancy Sylvester, IHM

Cost: \$775, includes six overnight accommodations and all meals

Taize Prayer

Tuesday, March 16, 7:00 pm

Taize prayer is an inter-denominational form of Christian prayer which includes music, scripture, and silence. Light refreshments and an opportunity for fellowship follow the prayer service.

Music provided by Notre Dame Folk Group from Church of Notre Dame, Hermitage

Underwritten by gift from an anonymous donor

RCIA Retreat Day

Saturday, March 27, 10:00 am – 3:00 pm

This retreat day is designed for Catechumens, Candidates, their Sponsors, and RCIA team members. The day will include presentations; time for personal reflection; sharing between catechumens/candidates and their sponsors; and a closing prayer service.

Presenter: Sr. Ardath Blake, HM

Cost: \$22/person for the first five members of an RCIA group

\$20/person for the second five members of an RCIA group

\$18/person for each member above ten in an RCIA group

Coffee and Contemplation: Living Easter Everyday

Tuesday, April 13, 9:30-11:30 am

Presenter: Sr. Rose Anne Hanlon, HM

Cost: \$7; \$13.70, includes lunch

Yoga and Gentle Yoga

Mondays, April 19 – June 7 (no classes May 31)

4:00 – 5:00 pm **Gentle Yoga**

5:15 – 6:15 pm **Yoga**

Cost: \$63; single session cost: \$10

Taize Prayer

Tuesday, April 20, 7:00 pm

Global Economics Workshop

Friday, April 23 – Sunday, April 25

Sponsored by the Partnership for Global Justice (PGJ), this workshop is designed to give those who minister in the field of social justice a better grasp of domestic and international economic principles and practices and how they intersect with basic Catholic beliefs.

Presenters: Marci McCarthy, PhD; Amata Miller, IHM, PhD; and Ana Martinez de Luco with guest speakers from the field of economics

Cost: \$285 (\$265 for PGJ members), includes six meals; housing - \$140-152 (single accommodations)

Special registration: Please call.

Coffee and Contemplation

Tuesday, May 4, 9:30 – 11:30 am

Presenter: Sr. Ardath Blake, HM

Cost: \$7; \$13.70, includes lunch

Bernardin Lunch and Lecture: A 21st Century Vision for The Catholic Common Ground Initiative

Friday, May 21, noon-3:00 pm

Individually Directed Retreat

Sunday evening, May 23 – Sunday morning, May 30

In this program, a director is assigned to each retreatant. In meeting the director each day, the retreatant is aided in noticing the reality of God's presence and activity, coming to trust what has been noticed, and responding to this presence and activity. Prayerful reflection, often with Sacred Scripture, in an environment of complete silence is the usual setting for this process.

Directors: Sr. Ardath Blake, HM; Sr. Marguerite Holz, HM; Sr. Barbara Lenarcic, HM, Cathy Cawley

Cost: \$475 for the full retreat; \$75/day for a shorter retreat. Meals and lodging included.

Registration Form

REGISTER ME FOR _____

TO BE GIVEN FROM _____ TO _____ ENCLOSED DEPOSIT \$ _____

Non-refundable, non-transferable deposit is \$100 for week/weekend programs, full payment for 1-day programs

COMMUTER OPTION? _____ NEED DIRECTIONS TO VMESC? _____ SPECIAL NEEDS? _____

(Enclose specific description of needs, e.g., diet, mobility, etc.)

NAME _____ EMAIL _____

ADDRESS _____

PHONE _____

RETURN TO: VMESC Registration, PO Box 424, Villa Maria, PA 16155