

ANGELA CENTER – Winter / Spring 2006 Program Calendar

“Pray—Body, Mind and Spirit”

Led by David Walrath

5 Wednesdays

May 3-31, 2006

7:27-9:00 pm

Cost: \$75

If you have been feeling a need or desire to deepen your prayer life and make it a more powerful force in your life, this class is for you.

In this course we will explore prayer and the preparation for prayer against the backdrop of the Incarnation, that God became flesh and we are human beings with physical bodies in which the true spirit of God dwells.

We will practice yoga, various meditation techniques and traditional prayer practices. This is a practical course in the practice of prayer not a lecture on prayer.

Each class will begin with some simple yoga practices and we will introduce various practices of prayer and meditation. There will be an opportunity to share experiences and ask questions.

Wear clothing that you are comfortable moving around in. If you have an exercise or yoga mat please bring it.

David Walrath has two advanced degrees in theology and has been a life long student of prayer and various meditation practices. He brings a unique blending of Christian theological understanding with practical experience of bringing the Spirit of God into our personal lives.

Angela Center Reservation Information

Please pay the full amount when you register. For overnight programs, payment will be refunded, less a \$35 processing fee, if you cancel two weeks before the program date. No refund will be made after this date. For classes, one-day workshops and seminars, no refund will be made after the starting date.

To register, mail a check to the:

**Angela Center, 535 Angela Drive
Santa Rosa, CA 95403**

along with your name, mailing address, phone number(s) and the name of the class(es) or workshop(s) you want to attend.

For further information call the Angela Center between 9am-2pm, Monday through Friday at 707/ 528-8578. Work/scholarship assistance is available for most of our programs. Please call for more information.

www.AngelaCenter.com - 707.528.8578