

EMBRACING SELF AND RENEWING HOPE

A 4-Week Spiritual Wellness Series



This 4-week series combines gentle movement with song, story, and poetry to rediscover our bodies as a profound and privileged locus where heaven and earth come together

Tuesdays, 12:15-1:00pm
February 14 – March 7, 2017
AMU 157

Themes for the weekly reflection and movement will be drawn from the Spiritual Exercises of St. Ignatius of Loyola:

Week 1 – Creation Week 3: Suffering

Week 2 – Love Week 4: Hope

[Register Online](#)

