

We Can Pray All the Time!!!

Breath Prayer and Mindfulness

Did you know that Desert Fathers and Mothers of the early centuries learned how to “pray always” by using seven-syllable breath prayers? Did you know “conscience breathing” is a significant way to practice mindfulness as well as keep our bodies healthy? What good news!!!

Come learn about and experience seven-syllable breath prayers and various breathing exercises for fostering mindfulness and enhancing total well-being of body, mind and spirit. We will also learn the many benefits of proper breathing and mindful living.

You will also receive a handout of helpful information, breathing exercises and breath prayers.

Presenter: Maureen Conroy, RSM, D.Min.

Co-director of the Upper Room, spiritual director, Practitioner of Holistic Healing Modalities, and author of five books.

Date: Tuesday, July 10, 2018

Time: 7:00 – 9:30 pm

Place: Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
732-922-0550 or email office@theupper-room.org

Fee: \$25 – \$50 (sliding scale)

Registration with full payment required by July 5th

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Name: _____

(If using credit card, please make sure name is as it appears on credit card)

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Please mail to the Upper Room at the above address.