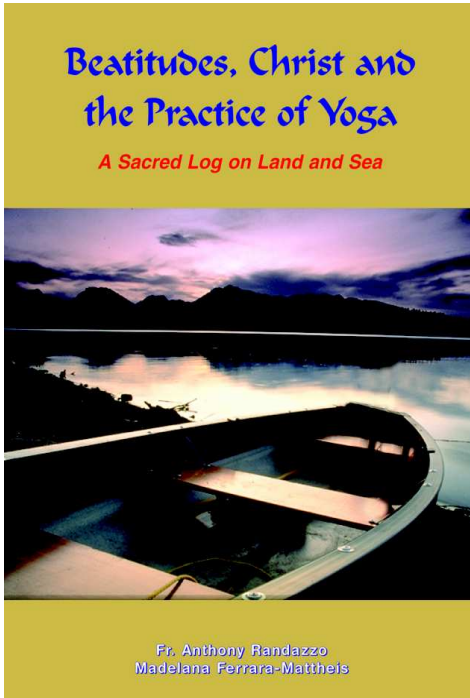


QUELLEN SPIRITUAL CENTER

“Beatitudes, Christ and Yoga” Monday April 21, 2008



The practice of yoga brings its practitioners to union, harmony, and peace. This state is achieved through active use of the body, deep integration of the breath, quiet contemplation and reflection, and focused intention.

The Beatitudes, Christ's teachings of the Sermon on the Mount, were intended as guidelines for living that could nurture these same qualities. In the Beatitudes, Jesus endeavored to inspire his disciples to act with awareness and love for the greater good of all people.

Madelana Ferrara-Mattheis, exercise physiologist and yoga teacher, will guide you through Christ's Beatitudes using practices of the body, the breath and the mind.

These yogic practices can help to deepen your connection to the teachings of Christ, allowing you to experience your own divine nature of union, harmony, and peace. Come to deepen your sacred connection to life and live the wisdom of the Beatitudes. Book available for purchase! [Bring a mat with you]

**\$35.00 includes
lunch**

**9:30 AM—4:00 PM
Monday April 21, 2008**

Facilitator: Madelana Ferrara-Mattheis

“Beatitudes, Christ and Yoga”

NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ PROGRAM DATE _____

AMOUNT ENCLOSED _____

Registrations for all retreats/workshops/programs must be received at least **ONE WEEK PRIOR** to the weekend or program date. Quellen reserves the right to cancel programs due to insufficient registration. A \$50 Non-Refundable/Non-Transferable deposit is required for all weekends and five to eight day retreats. **Day programs must be paid in full upon reservation.** Please make checks payable to **Quellen Spiritual Center**. Mail registration to address below. **Call Quellen at [973] 543-6528 x 217** for further information Monday-Friday 9 AM to 4 PM.

350 Bernardsville Road Mendham, New Jersey 07945-0800