



WHAT TO BRING

Please wear comfortable, casual, loose-fitting clothing. If you have a yoga mat, please bring it. *No prior yoga experience required!*

PRAYER FORMS TO INCLUDE

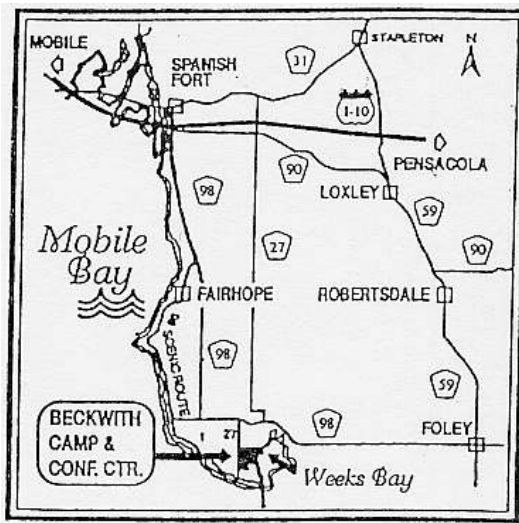
Breath Prayer—using the breath as a means of being aware of God's Presence.

Yoga & Other Body Prayers—gentle and subtle movements of the body as a way of opening our hearts to God.

Walking Meditation—A prayer practice of praying while walking.

Sacred Movement—Praying the scripture with body, mind and spirit. Taize, Hebrew, and Christian chants prayed with simple gestures and movement.

Map & Directions to Camp Beckwith



From Mobile Airport:

East on Airport Blvd. to I-65, I-65 South to I-10 East. First exit across Mobile Bay (Exit 35) onto Hwy. 98 South to Daphne/Fairhope. Stay on four lane hwy, going straight (do not exit right into Fairhope on Scenic 98) Four lanes will narrow to two lanes through outskirts of Fairhope. Go three miles after 98 narrows to intersection of Scenic 98 and turn left (East). Go approx. two (2) miles to Hwy. 27 South (Mary Ann Beach Road). You should also see Camp Beckwith sign on highway at that point. Turn right (South) and go approx. two (2) miles. Beckwith is on the left marked with signs on both sides of the road.

From Pensacola Regional Airport:

Airport Blvd. to Ninth Avenue. Ninth Ave. South to Fairfield Ave. Fairfield Ave. West to Hwy 98 (it winds South before intersection with Highway 98) Hwy 98 West through the towns of Elberta, Foley, and Magnolia Springs & over the Louie Brannon bridge (Fish River) Approx. two (2) miles past the bridge, you will see the Camp Beckwith sign, turn left onto Hwy 27 South (Mary Ann Beach Road) and go approx. two (2) miles. Beckwith is on the left and marked by signs on both sides of the road.

Prayer of Spirit & Body

A Retreat at Camp Beckwith

Prayer of Spirit and Body

A Retreat at Camp Beckwith
November 20–22, 2009



An Introduction
to Yoga
and
Other Forms
of
Body Prayer
as
Christian Spiritual
Practice

FACILITATORS

The Rev. Marshall Craver—
Associate Rector of St. Paul's
Episcopal Church, Mobile, Alabama.

Jan Craver—RN, RYT

Prayer of Spirit and Body

Registration Form

Confirmation will be sent upon receipt of registration.

Name _____

Address _____

City, State, Zip _____

Day Phone _____

Evening Phone _____

E-Mail _____

Retreat Cost: *Includes lodging and six meals
(per person)*

_____ Single room, if available, & meals \$225

_____ Double room and meals \$160.

Total Enclosed \$ _____

Limited number of participants! SIGN UP EARLY!
Roommates and couples should submit
applications together.

Make checks payable to: Beckwith

Send form and check to:

Beckwith: Prayer of Spirit & Body Retreat
10400 Beckwith Lane
Fairhope, AL 36532

Prayer of Spirit and Body



Friday, November 20, 2009

4-6 p.m. Registration
6:00 p.m. Dinner
7:00 p.m. Introduction to retreat
8:00 p.m. Yoga
9:00 p.m. Meditation
"Letting go—Letting God."

Saturday, November 21, 2009

7:15 a.m. Yoga
8:00 a.m. Breakfast
9:00 a.m. Morning Prayer
9:30 a.m. Postures & Prayer (St. Ignatius)
10:30 a.m. Break
10:45 a.m. Walking Meditation
12:00 p.m. Lunch and free time
3:30 p.m. Yoga
5:30 p.m. Dinner
6:30 p.m. Yoga as a Christian
Spiritual Practice—Testimonies from
the Mat
7:30 p.m. Movement Meditation: Hebrew &
Christian Chants prayed with simple
gestures and movement
9:00 p.m. Deep Relaxation Meditation

Sunday, November 22, 2009

7:15 a.m. Yoga
8:00 a.m. Breakfast
9:00 a.m. Reflections, Insights, Practice
10:30 a.m. Break
10:45 a.m. Holy Eucharist: Praying with Body,
Mind & Spirit
12:00 p.m. Lunch & Departure

*"Do you not know that your body is the
temple of the Holy Spirit?" ask St. Paul.*
(1Cor. 6:19)

*This retreat assists participants in
exploring and celebrating the truth that
prayer is a response to God of our
entire being—body, mind and spirit! We
seek to become more aware of and
responsive to the immediate presence
of Christ in "whom we live and move
and have our being."
(Acts 17:28)*

The Rev. Marshall Craver has been a
student of prayer throughout his 25
years of ordained ministry and is a
graduate of Shalem Institute's program
for Leading Meditation Groups and
Retreats.

Jan Craver is a registered nurse and a
member of Yoga Alliance and Kripalu
Teachers Association.

For more information, please contact
Marshall Craver, (251) 342-8521