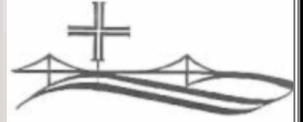




Centering Prayer Introductory Series



“Be still and know that I am God.”

**Are you feeling a desire to deepen your prayer or to learn about the
Christian contemplative path?**

Come join us for an introduction to Centering Prayer as taught by Fr. Thomas Keating:

When (Saturdays):

May 13, 2017: Noon to 5 pm (Introductory workshop)

May 20, June 3, 10th: Noon to 3 pm (Follow-up Sessions)

Where: Zazen Holistic Wellness Center

2219 Filbert St. / San Francisco, CA 94123

Cost: \$45 for the entire series of 4 sessions (Note scholarships are available, please inquire)

The Introductory Workshop

The Centering Prayer Introductory Workshop familiarizes participants with the method of Centering Prayer and its conceptual background and offers two opportunities to experience the prayer. The workshop consists of four presentations led by Contemplative Outreach commissioned presenters.

1. Prayer as Relationship
2. The Method of Centering Prayer
3. Thoughts and the Use of the Sacred Word
4. Deepening our Relationship with God

The Continuing Sessions

Following the Introductory Workshop, participants are invited to attend three Continuing Sessions which provide support, more background and the time needed to establish a personal Centering Prayer practice. The Sessions also include the opportunity to share the initial Centering Prayer experience with others who have made a similar commitment. Reading assignments from *Open Mind, Open Heart* to deepen our experience and sharing. Details regarding the Continuing Sessions will be offered by the Workshop presenter.

Facilitators:

Joyce Faidley has been practicing centering prayer for over a dozen years and is a commissioned presenter with Contemplative Outreach. Joyce has devoted time to offer this healing prayer to Sacramento churches and non-profit groups, as well as assisting with contemplative prayer days at Mercy Center Auburn. She has also shared this method with Women for Sobriety groups in southern California. Joyce also teaches a playful blend of Medical and Nature Qi Gong.

Hiedi Asztalos has been practicing Centering Prayer since 2007 and is a facilitator for introductory workshops. She attends annual 10 day silent retreats in Snowmass, CO home to Father Keating and Contemplative Outreach. Heidi is a certified raw food chef and a recent graduate of the Yoga Tree 200-hour teacher training. In her full-time she works for a Buddhist oriented company in San Francisco which believes livelihood can be a path to awakening and purposeful living.

If interested in attending, please [click here](#) to register.

For additional information please contact: Tyler Krupp (415) 806-6899 or [email](#)