

*Norwich Christian
Meditation Centre*

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Norwich Christian Meditation Centre
presents

UNITY WITH THE DIVINE

Yoga and the Christian Journey into Contemplation



A TWO-DAY RETREAT

With Father Koriko Moses, Jesuit priest from India

Friday 18 and Saturday 19 August 2017

St Luke's Church, 61 Aylsham Road, Norwich





The journey into contemplation is simple, but not easy.

What road maps can help us?

The teaching around yoga – which may not be what you thought it was – gives an outline that Christians can follow towards a state of abiding silent prayer.

Learn how from Indian priest, retreat leader and L'Arche counsellor,
FATHER KORKO MOSES.

About the Event

This is an interfaith event, with our unbroken, seamless connection with the divine at its core. Yoga, far beyond its reduction to physical exercise, charts a path to this living reality, and this exploration over these two days can help reawaken us to our own Christian heritage.

Silent prayer is at the heart of this, and we will sit in meditation each session, building up slowly from five minutes to 20 minutes throughout each day, with Father Korko's guidance on relaxation, breath awareness, the Jesus Prayer and the hindrances which seem to want to stop us.

We are hoping to create a relaxed, grounded and quiet atmosphere, and so this time we are not having our usual CD stall. Local volunteers, *City Saints in Action*, have kindly volunteered to cook us a simple lunch, and Father Korko recommends that we try to keep silence over lunch as best we can. For simplicity's sake, there is no charge for the lunch, nor reduction if you would prefer to bring a packed lunch, which you are free to do.

Father Korko is a slight, unassuming figure, and softly spoken. St Luke's has a hearing loop, but those who are hard of hearing may struggle.

All are welcome to a speaker event like no other.

लोका समस्ता सुखीनो भवन्तु

Loka samata, sukhino bhavatu

May all the world be happy





FATHER KORKO MOSES, a Jesuit priest from India, is a spiritual guide who teaches silent prayer as an indispensable support for our ‘putting on the mind of Christ’.

He founded *Dhyanavanam*, an ashram inspired by Christian and Eastern traditions, where he receives groups of seminarians along with seekers of any or no faith. He leads retreats there and elsewhere, and each summer in Ireland and at Clare Priory in Suffolk.

With a depth of experience in spiritual accompaniment, he is a counsellor to alcoholics and drug addicts, and also gives spiritual guidance to the volunteers at L’Arche communities in India.

PROGRAMME FOR THE RETREAT	
FRIDAY	SATURDAY
9:30 Registration and coffee	9:30 Registration and coffee
10:00 Introduction; contemplation in Christian tradition; stages of spiritual growth; overview of yogic tradition	10:00 A Case of Mistaken Identity; deep relaxation and meditation
11:10 Break	11:10 Break
11:30 Deep relaxation, concentration and meditation (the roles of the body, mind and breath)	11:30 ‘What you do for others, you do for me’; serving others and meditation
12:30 Simple lunch provided: rice, dahl and vegetables (vegan and gluten-free)	12:30 Simple lunch provided: rice, dahl and vegetables (vegan and gluten-free)
2:00 Discussion and Q&A; meditation with the Jesus Prayer	2:00 Pain and suffering; discussion and Q&A; chants, flute and meditation
3:00 Break	
3:30 Establishing a silent prayer practice; chants, flute and meditation	4:00 Close
4:30 Close	

