

Yoga and The Mystics

A Transforming Retreat With

Mirabai Starr & Sr. Greta Ronningen, CDL

October 11-15, 2017

Mt Calvary Monastery in Santa Barbara

Join us as we engage the wisdom teachings and contemplative practices of the world's great mystical traditions.

This retreat will include:

- yoga & breathing practices
- mystical poetry
- writing as contemplative practice
- meditation in multiple traditions
- inter-spiritual chanting & sacred rituals



Mirabai Starr writes creative non-fiction and contemporary translations of sacred literature. She taught Philosophy and World Religions at the University of New Mexico-Taos for 20 years and now teaches and speaks internationally on contemplative practice and inter-spiritual dialog. A certified bereavement counselor, Mirabai helps mourners harness the transformational power of loss. She has received critical acclaim for her revolutionary new translations of the mystics. She is author of the poetry collection, *Mother of God Similar to Fire*, a collaboration with iconographer, William Hart McNichols, and the award-winning book, *GOD OF LOVE: A Guide to the Heart of Judaism, Christianity and Islam*. Her newest book, *CARAVAN OF NO DESPAIR: A Memoir of Loss and Transformation*, received the Spirituality & Practice "Best Books of 2015" award. She lives with her extended family in the mountains of northern New Mexico.

Sr. Greta Ronningen, CDL, is a founding member of the Community of Divine Love, an Episcopal monastery in San Gabriel, CA. She holds a Master's Degree in Spiritual Formation from Claremont School of Theology. Greta is a chaplain to the incarcerated, ministering to adult men and women in Los Angeles County Jails. She has been involved with yoga for over 40 years and co-founded Yoga Works with Yogiraj Alan Finger in 1986. She teaches Hatha Yoga with an emphasis on breathing and meditation. Greta is the author of *Free on the Inside: Finding God Behind Bars*.



There is limited enrollment, the cost of the retreat is \$880.00. Included in the fee:
4-night accommodations, all meals and the program fee.

A \$150.00 non-refundable deposit is required to reserve your space.

For information and reservations call or email: Mount Calvary Monastery 805-682-4117,
mtcalvary1@aol.com www.mount-calvary.org