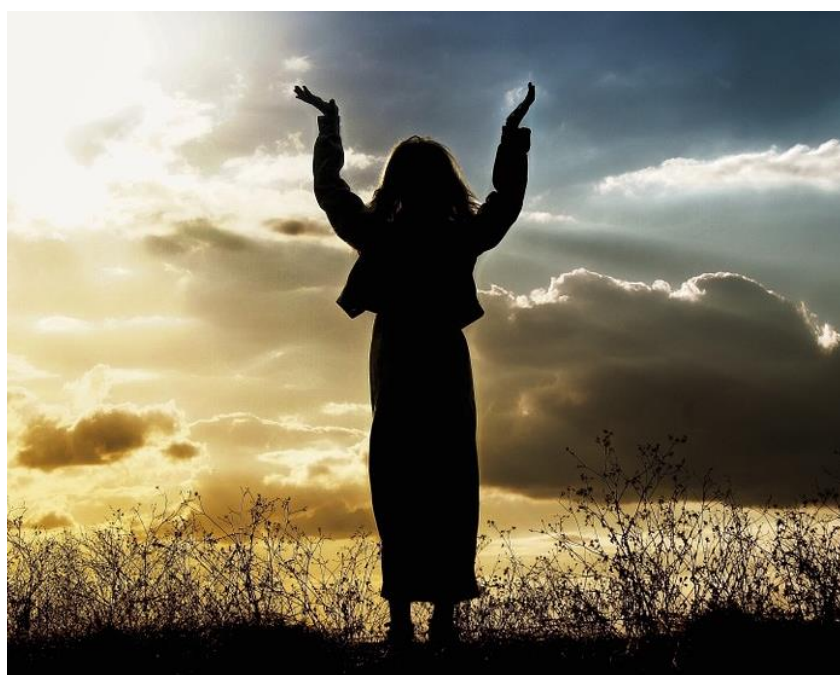


Mind/Body/Spirit Connection: A Holistic Approach to Prayer

Monday, October 8, 15, 22, 2018

9:30am - Noon

Archdiocesan Spirituality Center
2501 Maine Avenue Metairie



Join ASC Executive Director, Sr. Dorothy Trosclair, and Kathy Anzelmo as they lead you into calming techniques such as deep breathing, meditation and progressive muscle relaxation as a way to enter into deeper prayer through imaginative contemplation

Cost: \$40.00 (adjustments can be made)

Register on the web: <http://asc.arch-no.org>,
Email: archspirctr@arch-no.org or call (504) 861-3254

And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior" Lk 1:46-47



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