

Santa Fe Soul

F O U N D A T I O N



Changing the face of healthcare in New Mexico

How Do You Pray?

Prayer is the language of the Heart, where talking and listening merge in the divine oneness of all life. In this 6-week experiential group we will explore prayer by many names, what it is, and the many ways it shows up in our lives. The inquiry, "How do you pray?" opens a place in our hearts of deep connection to the Source of Our Being. In the midst of our busy lives, filled with constant activities and demands, this series gives us the opportunity to be "un-busy," resting in our Divine Presence. The world within is as important as the outer world yet we spend much less time there. We pray to embody and celebrate our divine nature so that we can live more fully from it. The evening sessions will each revolve around a prayer theme. We will begin with an embodiment, a physical way to bring spirit in – using breath and movement – followed by a practice relating to the theme, such as guided meditation. After a time of personal intuitive writing, the group will rejoin in spiritual conversation/sharing. Here in this sacred space we explore and experience the essence that unites all spiritual paths. This group is trans-denominational. All are welcome. Bring a journal – homework practices for each weekly theme between sessions will deepen the journey.

Benefits experienced in this class: • A natural honoring of life as prayer and the sacredness of all things • Turning our lives into an offering, enhancing health and wellness and the health and wellness of the planet • Embodying the Divine in every cell of our bodies • Sharing love through prayer; connecting to love as our true nature.



Susan Stotter

Please bring a journal with you to class. Practice of the weekly theme is encouraged.

Celeste Yacoboni is a Minister of Walking Prayer ordained by the Center for Sacred Studies. Her forthcoming book *How Do You Pray?* features responses to this question from spiritual, shamanic and scientific teachers, guides and activists. In Celeste's private practice she offers: Spiritual Embodiment, Massage Therapy, Chi Nei Tsang, Qigong, Women's Breast Health, Plant Essences and the Hawaiian forgiveness practice of Ho'oponopono.

Wednesdays: 8/1, 8/8, 8/15, 8/22, 8/29 & 9/5 from 7–8:30pm

Registration Fee: \$45 (some scholarships available)

Mountain's LAP Studio

1190 Harrison St. Studio 2A

Call (505) 690-8573 or email Celeste@howdoyoupray.com to register for the workshop