

Touch of Grace
Class Schedule Sudbury

Home studio: 18 Arboretum Way Sudbury

Mondays:

10:00 - 11:00AM: Mind-Body Training

Tuesdays:

6:30 - 7:30PM: Meditation

Wednesdays:

9:00 - 9:45AM: Meditation

10:00 - 11:00AM: Mind-Body Training

4:30 - 5:30PM: Mind-Body Training

Fridays:

7:00 - 8:00PM: Couples Mind-Body Training: TO BE ADDED IN THE NEW YEAR (JAN 2018)

Saturdays:

9:00 - 10:00AM: Mind-Body Training

Class descriptions:

Mind-Body Training: Exercises for mind and body that include a cardio warm-up, strength and core training, stretches to enhance balance and flexibility and meditation. We begin with a short passage from Scripture with the intention of holding God's Word in mind and heart to inspire, comfort, strengthen and move us. Through our work we become more conscious of the mind-body as a temple of the Holy Spirit whom we have from God.

Meditation and Prayer: We study and practice the discipline of meditation and prayer to bring us closer to knowing and feeling the presence of our loving God. In this closeness, in communion, we experience the gifts of God's love and goodness. In Him and through Him we will receive all that we need and in turn share His love and goodness with others. Some of the benefits of meditation proven by research include a deep, restful sleep, reduced stress, increased energy and a sense of well-being, improved performance and productivity, improved attention and focus, increased optimism, improved learning and cognitive function, improved memory and creativity, improved immune function, decreased depression and anxiety, decreased muscle tension, decreased blood pressure and coming to your ideal weight.

"Do you not know that your body is a temple of the Holy Spirit, whom you have from God . . ." 1
Corinthians 6:19

"Be still, and know that I am God." Psalm 46:10

Couples/family Mind-Body Training: This class is an opportunity to learn to let God's Word inspire and move us in ways that bring us each closer to being our best self in service of God and others. We move in the exercises that lift and strengthen us. We practice in postures that help us see how we can support and strengthen each other, doing more together than we are each able to do on our own. The exercises include a warm-up, core and strength training, flexibility training and a short meditation to complete our work.

Fees: 3 Options:

1. Pay per class: \$10.00
2. Pay per quarter (3 months): \$100 for one class per week
\$130 for two classes per week
\$200 for unlimited classes per week
3. Goodwill offering: Donation of any amount at any time.

In all our work, we remember that the exercises, study and practice are not the source nor cause for fulfillment. The practice is to prepare ourselves in mind and body to be open to receive the one and only cause for all goodness, love, peace and joy that comes through God's grace. In knowing God more fully, we realize our best self.