



Please join us for our other meditation practices as you are able (list on next page).

All classes are free (donations encouraged) and open to the public.

More info at stbarts.org/get-involved/community-groups/meditation-practices



**Sundays
LIVING CHRIST SANGHA**

3-4:45 pm

A Christian/Buddhist mindfulness practice with sitting and walking meditations, brief teaching and discussion. All are welcome.

**Mondays
MEDITATION MONDAYS**

12:30-1:30 pm

Join us for a contemplative hour in our beautiful space, with quiet music for individual meditation, reflection, or whatever soothes your soul.

**Mondays
iREST®—YOGA NIDRA**

5:45-6:45 pm

Guided meditation. Documented benefits include alleviation of: anxiety, insomnia, depression, PTSD, chronic pain and chemical dependency.

**Tuesdays
YOGA**

5:30-7 pm

Want an alternative to the cramped yoga studio? Try the architectural splendor of St. Bart's, designated a New York City landmark in 1967!

**Wednesdays
TAI CHI**

9-10 am

Tai Chi is a meditative practice that originated in China. It is great for reducing stress and promoting health of mind, body, and spirit.

**Saturdays
CENTERING PRAYER**

10:45 am-12:15 pm

Meditative prayer practice, rooted in the Christian tradition, with a strong emphasis on interior silence.

QUESTIONS? CONTACT:

David Bryan, Liturgy Coordinator
212-378-0246 bryan@stbarts.org

ST BART'S

325 PARK AVENUE
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NEW YORK, NY 10022

STBARTS.ORG



**From Advent to Lent:
Seasonal Reflections**

2 New Meditation Offerings at St. Bart's

December through March,
1st and 3rd Thursdays



Reiki Healing Circle

1st Thursdays, 5:45-7 pm, in the Church
(doors close at 6pm, so don't be late!)

December 1, January 5, February 2, March 2

Come join & experience the power of a Reiki Healing Circle used to reduce stress and promote relaxation by correcting the flow of energy throughout the body.



Reiki is based on the idea that there is a “universal life force energy” that flows all around and through us. Participating in a Reiki circle can help restore your mind, body and spirit to its intended calm and relaxed state. Reiki is a holistic and effective alternative healing method that will not interfere with other traditional treatments.

Benefits of Reiki include:

- Reduced stress
- Relaxation
- Clarity of thoughts
- Better focus
- Relief of pain without pharmaceuticals
- Reduced anxiety
- Attaining a state of calm and peace
- Feeling both relaxed and energized
- Help with insomnia
- Connection with the inner self

These circles are an opportunity to join like-minded souls and to explore another method of energy healing.



Cost: By Donation
Space is limited.
Registration required: bryan@stbarts.org
For more info on Reiki: ignitethelighthealing.com



Kathy Unger,
Karuna Reiki Master and St. Bart's Parishioner

Candlelit Yoga with Acoustic Music

3rd Thursdays, 7-8:30 pm, in the Church

December 15, January 19, February 16, March 16

Lit only by candles, start the evening with kirtan—uplifting heart songs—accompanied by live acoustic music, that you can listen or sing along to. Ignite the soul and then awaken the mind-body with a 60-minute Slow Deep Flow yoga practice that develops strength and flexibility, cultivates mindfulness and deep inward reflection.

This special yoga series is hosted by Ling Spice Sadhaka, retreat leader and yoga festival presenter known for her Slow Deep Flow style, and Darren Marc, a sacred music artist who has been

considered for a Grammy. Experience a retreat from the urban noise with this series of monthly Candlelit Yoga Kirtan sessions, which will be hosted in the beautiful vaulted space of St. Bart's Church in Midtown Manhattan.

Cost: By Donation
Bring your own mat. Limited community mats available, first come first served.

All levels welcome and open to beginners.
Please register in advance:
candlelityogakirtan.eventbrite.com



By registering, you also confirm that you have read, understood and accepted the full terms of the Waiver and Indemnity Release.

Note: Access is after hours and the main doors of the Church will be closed. Please enter from the 50th Street side door, between Park and Lexington Avenues (109 E. 50th St.).



Ling Spice Sadhaka



Darren Marc

Questions? ask@spiceyoga.com