

RESERVATION FORM

**MOUNT MANRESA
MIND * BODY * SPIRIT WORKSHOP**

September 26, 2010

Name: _____

Address: _____

City/State/Zip: _____

Phone(s): _____

Email: _____

Special Request: _____

Suggested donation: \$40.00

RSVP by 9/21/10

Please return Registration Form

With payment to

Mount Manresa Jesuit Retreat House

239 Fingerboard Rd, SI, NY 10305

Check enclosed (*payable to Mount Manresa*)

Please charge my credit card: \$_____

AmEx MasterCard Visa

Credit Card Acct. # Exp. Date

Signature Date

Mount Manresa Jesuit Retreat House
239 Fingerboard Road
Staten Island, New York 10305

Tele. (718) 727-3844, ext. 200 • Fax 718-727-4881

About Your
Workshop Leaders

Jerome Charyn, Ph.D. has more than 40 years of professional experience as an administrator, educator, and consultant. He earned B.B.A. and M.B.A. degrees in Finance & Executive Management from Pace University, and M.S. and Ph.D. degrees in Holistic Nutrition from Clayton College. In 1984 Dr. Charyn became a full time self-employed consultant to hospitals and nursing homes. He retired in 2000, and provides community service teaching Alternative Approaches to Healing at Brooklyn College, and working with the NYPD Police Self-Support Group educating police officers, disabled by cancer and other degenerative diseases, on the benefits of proper nutrition and holistic lifestyles. Dr. Charyn is the Past President of the Healthcare Executives Club, and a cancer survivor.

Ms. Victoria Drumbakis is a Qigong/Tai Chi/Meditation instructor and has been teaching and lecturing for six years in and around the New York Metropolitan area. She has been trained as an Associate Polarity Practitioner, a form of energy balancing. She presently resides in New York City with her husband and two daughters.

Fr. Thomas Gavin, S.J. will join the staff of Mount Manresa on September 1st. He comes to Staten Island from Holy Name Parish in Camden, New Jersey where he ministered for the past five years to a predominantly latino community. Of his forty-five years as a Jesuit, twenty-five have been lived in Chile, working primarily in the ministry of the Spiritual Exercises and education. Father Gavin began accompanying others in the Spiritual Exercises in 1973 when he was studying at Regis College, the Jesuit School of Theology in Toronto, Canada. Welcome, Fr. Tom!

Sr. Maureen Skelly, SC, has been a Pastoral Minister at Mount Manresa for the past 27 years. Sister received a BS in Education from Mount St. Vincent University-Halifax, NS; MS in Music-Queen's College, MA in Theology-Saint John's University, and a PD in Psychiatric Rehabilitation.

MIND BODY
SPIRIT



SEPTEMBER 26, 2010

9:00 AM - 3:00 PM

AT MOUNT MANRESA

Dedicated to your health and well-being, this workshop for men and women will include Yoga, Tai Chi, meditation, presentations on nutrition, and spirituality. Join us—and return to your life with a renewed sense of vitality and joy!

www.mountmanresa.org

MIND * BODY * SPIRIT WORKSHOP

Truths About Fats, Oil and Cholesterol

Dr. Jerome Charzyn

You will learn the difference between fats that heal and fats that kill; the truth versus the hype about cholesterol; why you don't have a lipitor deficiency; and the true predictors of heart disease.



Tai Chi for Well-Being

Victoria Drumbakis



More and more people practice the gracious art of Tai Chi in parks, gardens and indoors. Tai Chi is a sophisticated training combining self-defense, meditation and energy-medicine.

Regular training activates ones self-healing forces, strengthens the immune defense thus acting as preventive medicine. Tai Chi is an art which cultivates and promotes both physical, emotional and mental development. Join instructor Victoria Drumbakis in our Gazebo for easy, step by step instructions. Loose, comfortable clothing is recommended.

MIND * BODY * SPIRIT WORKSHOP

SEPTEMBER 26, 2010

PROGRAM

- 9:30 AM Welcome—*Manresa Lounge*
- 9:45 AM Truths About Fats, Oil and Cholesterol - *Manresa Lounge*
Dr. Jerome Charzyn
- 11:00 AM Tai Chi - *Gazebo*
Ms. Victoria Drumbakis
OR
The Ignatian Pause - for "Being in Love"
Manresa Lounge,
Fr. Tom Gavin, SJ
- 12:00 PM Lunch—*Bisso Dining Room*
- MENU -**
- Select Field Greens, Feta Cheese and Walnut Salad
Raspberry Glazed Grilled Chicken
Sweet Potatoes Saffron Rice
Green Beans with Olive Oil and Garlic
Yogurt and Fruit Parfait
Coffee/Tea
- 1:00 PM The Dangers of Natural and Artificial Sweeteners
Manresa Lounge,
Dr. Jerome Charzyn
- 2:00 PM Living From the Inside Out—
Manresa Lounge
Sr. Maureen Skelly

The Dangers of Natural and Artificial Sweeteners

Dr. Jerome Charzyn



You will learn about the variety of natural and artificial sweeteners on the market, including high fructose corn syrup and aspartame; how most of them disrupt your body and can cause premature aging; and some safer alternatives to consider.

Living From The Inside Out

Sr. Maureen Skelly, S.C.

The primary purpose of this *guided meditation* experience is to calm the mind, find a calm center in ourselves, and discover our own inner strengths and desires. Many meditation proponents believe self-awareness is critical for deep healing to take place in both body and mind.



The Ignatian Pause - for "Being in Love"

Fr. Thomas Gavin, S.J.



The final exercise in Saint Ignatius Loyola's Spiritual Exercises is the "Contemplation to Attain Love". This exercise is like a bridge between the retreat and one's daily life; the grace

sought leads to a discernment of God's loving action in all things. The "Ignatian Pause" is the primary instrument in daily life for living out this grace of being a "Contemplative in Action"; it moves us forward in being on mission with Christ. For Saint Ignatius, and for all who share his spirituality, being united with Christ in mission is at the core of our "Being in Love with God". We will pause together during the presentation.