

# EMBODIED PRAYER DAY

WITH Steve Harms, Kaleo & Elise Ching

Saturday, May 13, 2017

East meets west in this journey of deepening your connection to the Divine through Qigong, meditation, and prayer involving your body, mind, and spirit. Drawing from Judeo-Christian, Taoist, and Buddhist wisdom and compassion practices, this series invites you to explore, engage, and share your ever-unfolding spiritual awareness.

**LEARN:**

- Qigong for wellness, boosting energy, enhancing immune system, and preventing injury
- Acupressure points for self-healing
- Qigong meditation and Centering Prayer to cultivate mindfulness and increase gratitude and joy in life
- Taoist, Buddhist, Christian, and Sufi spiritual wisdom
- Personal reflection and community dialogue
- Abba-Imma Qigong (based on the Lord's Prayer)



**PRESENTERS:**

Steve Harms has a Masters of Divinity (M.Div) and MA in Theatre Arts. His years in ministry have taken him from the streets of the Tenderloin in San Francisco to the streets of Danville. Steve previously served as the President of the Interfaith Council of Contra County and remains actively engaged in deepening interfaith connections within the community. Steve provides compassionate pastoral care and is a gifted preacher who enjoys creative worship. Kaleo Ching has an MA in art and Elise Ching, BSN has an MA in English and Interpersonal Psychology. Both are teachers (20 years) of Chi Kung and both are Certified Acupuncture Therapists and Certified Clinical Hypnotherapists. They co-teach classes integrating Chi Kung, acupressure, guided meditation and art and have co-authored several books including Chi and Creativity: Vital Energy and Your Inner Artist (Blue Snake Books 2007).



**SAN DAMIANO RETREAT**  
DANVILLE • CALIFORNIA

**A FRANCISCAN PRESENCE IN  
NORTHERN CALIFORNIA**

**REGISTRATION:**

Registration begins at 9:00 am. Program is from 9:30 am - 4:00 pm. Lunch included.

**TO MAKE A RESERVATION:**

Please send a \$40 check to:

San Damiano Retreat  
P. O. Box 767  
710 Highland Drive  
Danville, California  
94526-0767

Phone: (925) 837-9141  
Fax: (925) 837-0522

**COST:**

\$40 per person

Registration online is available at [www.sandamiano.org](http://www.sandamiano.org) or call us at (925) 837-9141 to make your reservation by phone.

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

**SPECIAL NEEDS:**

Please call us after you make your reservation for any retreats.

**RESERVATION FORM**

**EMBODIED PRAYER DAY • SATURDAY, MAY 13, 2017**

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
STREET CITY STATE ZIP

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ Phone: \_\_\_\_\_

**\$40 • LUNCH INCLUDED**

CREDIT CARD #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

CHARGE ALL  DEPOSIT ONLY

NAME ON CREDIT CARD: \_\_\_\_\_