

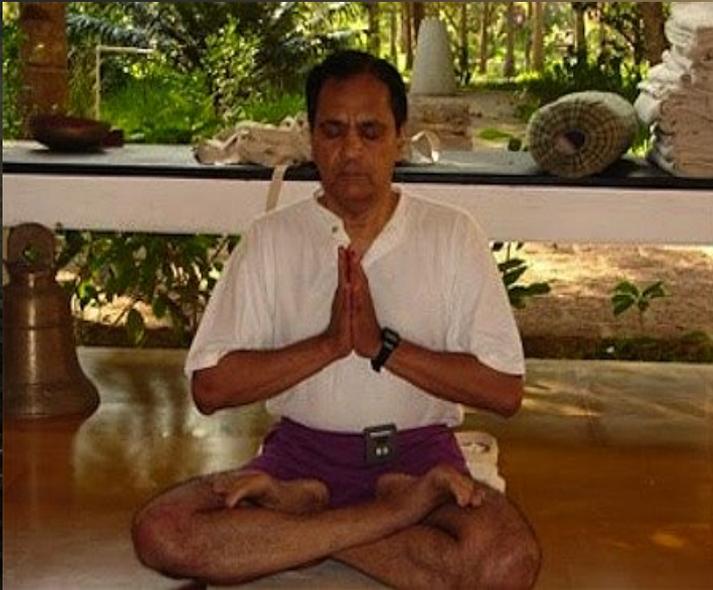


WCCM (MALAYSIA) WORKSHOP

Encountering the Inner Physician through the Wisdom of the Body

led by

Fr Joe Pereira



29th - 31st August 2019

Church of the Divine Mercy, Shah Alam

“Glorify God in your body.” (1 Corinthians 6:20) “Yoga is the union of the individual self with the universal self.” (BKS Iyengar)

Integral to our being, our bodies are spiritual vehicles, temples of the Divine. We carry healing wisdom in our bodies. Yoga helps us to access this profound wisdom through quiet, focused, sensitive attention. By embracing the precious gift of our bodies, we awaken to the physician within.

During this three-day workshop, Fr Joseph Pereira will help us realize the sacred oneness of body-mind-spirit as we open ourselves to the grace of presence. Sessions will include the practice of gentle yoga postures and times of meditation.

Father Joe Pereira, a wonderful spiritual teacher and yoga instructor, comes from Mumbai, India. He is a Catholic priest and founder-director of Kripa Foundation which is dedicated to care and rehabilitation in the areas of addiction and HIV/AIDs. In 2009, he received an Indian government national award for his contribution to the field of social work and a Lifetime Achievement Award in 2014. A long-standing member of WCCM, he has served the community richly in many capacities. He gives yoga and meditation retreats and leads workshops on yoga and other areas of interest in different parts of the world.

Venue St Faustina Hall, Church of the Divine Mercy (CDM), 26 Jalan Pemaju U1/15, Seksyen U1, 40150 Shah Alam, Selangor

Dates Thursday 29th August: 8.30 am – 6pm

Friday 30th August: 9.00am – 6.00pm

Saturday 31st August: 9.00am – 5.30pm

Fee RM195

Closing date for registration 15th August 2019

Fee payment Payment in favour of **WCCM Malaysia** is to be deposited directly into the WCCM Malaysia MAYBANK account (A/C No: 514187358320). Payment is **non-refundable** except in the event of an emergency. However those who cancel their registration may find replacements. If you would like to donate a little more to help sponsor someone who would like to attend the workshop but cannot afford it, please feel free to do so.

Registration To register, fill in registration form on the following page and email it with copy of bank-in-slip to Judith Lee (wccmmalaysiaschool@gmail.com; 012-2829018)

For further enquiries contact

Bernadette Suppiah (bernadette.suppiah@gmail.com; 012-3335146)

Regini Rajaretnam (msregini@gmail.com ; 017-8707009)

REGISTRATION FORM

Name:

Phone:

Address:.....

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Email:

Special dietary requirements:

Date: