

embodied spirituality

with

diane caughey & carol rossi

Saturday, March 6, 9:30 am – 3:30 pm

Loyola Marymount University
One LMU Drive, Los Angeles
The Hill (Malone 4th floor)

Embodied spiritual practices have often been dismissed by Western religions as less important than verbal prayer. We will explore how Yoga, dream tending, and art can engage the body to serve as powerful avenues for spiritual transformation.

Workshop includes:

- lecture/discussion and personal reflection
- experiencing the living dream images residing within the body
- creating embodied sacred art
- practicing yoga and meditation

Students are encouraged to bring a personal dream. The yoga postures will be very simple and appropriate for anyone. Wear comfortable clothes and plan to practice yoga without shoes (socks are okay). Art supplies will be provided.



Diane Caughey, Ph.D is a Jungian Psychotherapist, Spiritual Director and architect. She earned her Doctorate in Clinical Psychology from Pacifica Graduate Institute in Santa Barbara. Dr. Caughey has private practices in Jungian psychotherapy and spiritual direction in West Los Angeles.



Carol Rossi is a certified yoga instructor and holds M.A. degrees in Dance and Psychology, along with certificates in Yoga Philosophy and Spiritual Direction. Since 2001, she has been interested in the link between the rich traditions of yoga and Christian meditation based on Christian mysticism.

Cost: \$50

To register

LMU Center for Religion and Spirituality, 310-338-2799

http://www.lmu.edu/academics/extension/crs/events/Embodied_Spirituality.htm

For more information

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