

St. Mary of the Assumption Roman Catholic Church

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www.stmarysonthehill.com

NEWS RELEASE

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Meditation & Yoga Classes Offered at St. Mary of the Assumption

(Lancaster, N.Y.)..... On scheduled Tuesday evenings in the Parish Center at St. Mary of the Assumption Church, Lancaster, a group of between 20 and 40 men, women and young adults gather for an hour to meditate and practice yoga as part of their Christian lives.

In fact, this program at St. Mary's, which began in October 2016, is called *Meditation & Yoga as Christian Spiritual Practice*. It is offered twice a month from 7 to 8 p.m. and is free of charge, though donations to benefit the parish are accepted.

Upcoming class dates are the following Tuesdays: January 9 and 23, February 13 and 27, and March 13 and 27. The Parish Center is in the St. Mary's Elementary School building at the corner of Aurora and St. Joseph Streets in the Village of Lancaster, across the parking lot from St. Mary's Church.

Meditation & Yoga is taught by registered yoga instructor and long-time St. Mary's parishioner Jane Schmitt of Lancaster. Schmitt, who also teaches yoga at numerous other venues in the area, notes that "although yoga offers many physical benefits, it is the spiritual path that can lead you to the greatest rewards. As a Catholic Christian, it did not take long for me to connect a little deeper to my own faith and beliefs, through yoga. In this class, we simply learn to go back to prayer and take time to rest in God's presence."

"Yoga postures and breathing are designed to facilitate quiet meditation and prayer, as well as strengthen core muscles and improve posture, balance, strength and overall fitness," said St. Mary's spokesperson Diane Zwirecki, APR. "Our classes have been very popular right from the onset, as they offer a unique and collective experience designed to deepen people's faith."

There is no preregistration required. Persons interested in participating in Yoga & Meditation as Christian Spiritual Practice should call St. Mary's Parish at (716) 683-6445, extension 24, or visit www.stmarysonthehill.com for specific class dates, and plan to bring their own yoga mats if possible.

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