

Avalon Square Chapel Speaker Series



Your Body is a Temple

Thursday, February 22, 2018
1:30 PM

“Don’t you know that you yourselves are God’s temple and that
God’s spirit lives in you?”

-1 Cor. 3:16

Have you ever thought of the care of your physical body as a spiritual practice? If so, you’ll want to join us at Avalon Square for our Chapel Speaker Series event as we welcome Shelley Carpenter as our next presenter. Shelley has been a Physical Therapist for 25 years, a Registered Yoga Teacher for 11 years and is a life-long Christian.

Instead of thinking about caring for our bodies as something we “should” do, Shelley will discuss ways to make this an enjoyable aspect of your spiritual practices. She will explore how Jesus’ life as well as Paul’s teachings demonstrated these practices.

Through Bible study, prayer, breathing techniques, Christian meditation, and gentle chair yoga practice, Shelley’s presentation will help us discover a deeper appreciation for the physical bodies we’ve been given. We will learn how to treat our bodies with greater care, respect and gratitude to nurture and heal mind, body and spirit.

**RSVP appreciated to Chaplain Erin at
ehittle@preshomes.org or 262.446.9436**

The Chapel Speaker Series features prominent speakers addressing faith, theology, and spirituality, and is open to the broader community. All are welcome.



Avalon Square

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presents:

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