

Dear Friend,

Thank you for your interest in our videotape selections. Listed below are the videotapes that we have available, along with the costs for each:

- * **Christian Yoga** by Barbara Moeller \$22.95
- * **Art-Journaling** by Marianne Hieb, R.S.M. \$19.95
- * **Stretch & Center** by Helen Owens, O.S.F. \$19.95




To make a purchase, please complete the Order Form on the reverse side, total your bill, and return with your payment as indicated.

We also have an assortment of audiotapes available. In addition, we have Wellness Center tee shirts, water bottles, and mugs that can be purchased. If you're interested in these items, just give us a call at (856) 869-3125 for more details, or for a free calendar of events.

Thank you so much for your support. We look forward to being of service to you again. God be with you.

Sincerely,

Helen Owens, O.S.F.
Marianne Hieb, R.S.M.
Barbara A. Moeller, M.A.

Stretch and Center with Helen Owens, OSF	Art Journaling with Marianne Hieb, RSM	Christian Yoga with Barbara Moeller
<p>This Stretch and Center video is a unique way to awaken the different parts of your body and to become aware of the muscles that help to move the different parts - becoming aware of God's gift of life to us in our movements, gently stretching, recalling God with us in all of our movements. Once having stretched the body, you are invited to move your body in dance to a lively tune and, perhaps even increasing your heart rate if you so desire.</p> <p>The video ends with a Zen-like movement recalling that our every movement comes from God at our center and returns to God at our center. The key to this movement is to move as slowly as you possibly can, clearing your mind of all thoughts and distractions, moving with God at your center. There are no fancy steps to learn - just move at your own pace and pray with your body. Enjoy and be at peace as you pray to God with your beautiful body. You are made to God's image and likeness. You are indeed God's work of art.</p> 	<p>Through this video you will be led through an introduction to art-journaling as a modality for prayer and dialogue with the Holy and with the self. As part of our wholistic journey, the experience of using color to help focus a prayer can be delightful or deeply surprising, freeing or opening into new insights. It engages body, mind, and spirit in a unique way, both through the process and the product.</p> <p>This video is designed to be participatory - you will be invited to stop the tape at several points, responding to the meditation by using color and paper to express the theme presented. Join Marianne for this structured introduction to a modality that is helpful for the high verbal person and the non-verbal person alike. No drawing talent is required, in fact, Marianne suggests that we are more able to receive insights from such experiences when we are caught off-balance by the unfamiliarity of such an experience.</p> 	<p>Today, more than at any time in the history of life, humankind is intent on the journey to searching for optimum health, peace, and relaxation, seeking to know self and to know God. In this quest, many westerners have turned to ancient practices of the East to facilitate wholeness and wellness. Yoga, at least 6000 years old, is a complete system of self-development, wholistic health and spiritual attunement. Yoga postures and breath experiences are designed to promote a balanced functioning of body, mind, and spirit.</p> <p>The emphasis of this video presentation is on Christian Yoga as an expression of wholistic spirituality, an integration of mind, body, and spirit. Barbara Moeller assists the viewer in a very easy, gentle and loving manner. Take part in a new spiritual adventure - Christian Yoga - the body at prayer.</p> 

Order Form

<u>Quantity</u>	<u>Title</u>	<u>Length</u>	<u>Cost</u>	<u>Total</u>
_____ *	<u>Christian Yoga</u> by Barbara Moeller	60 Minutes	\$22.95	_____
_____ *	<u>Art-Journaling</u> by Marianne Hieb, R.S.M.	30 Minutes	\$19.95	_____
_____ *	<u>Stretch & Center</u> by Helen Owens, O.S.F.	30 Minutes	\$19.95	_____
_____	Total tapes		Sub-total	_____
Shipping & Handling Costs:				
	\$ 3.50 for 1-2 Tape(s)		Shipping & Handling	_____
	\$ 4.50 for 3-4 Tapes			
	\$ 5.50 for 5-6 Tapes		Total	_____

- 7 tapes and over we will bill for shipping & handling
- No returns on video cassettes

Please make check payable to: Lourdes Foundation and mail to:
Lourdes Wellness Center, 900 Haddon Avenue, Suite 100, Collingswood, NJ 08108

Complete mailing label below with address videotapes are to be sent: (please print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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