**A Holiday Season Oasis**

**Saturday, December 4, 2021**

**9 am – 10:30 am**

**At St. Athanasius Episcopal Church**

A waterfall in a forest

Description automatically generated with medium confidence

Photo by [Robert Bye](https://unsplash.com/@robertbye?utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText) on [Unsplash](https://unsplash.com/s/photos/oasis?utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText)

An oasis is a balm for the weary and thirsty. The holiday season is usually very busy and an oasis, even for 90 minutes, offers a time to stop, breathe, center, and connect with one’s body. St. Athanasius is offering such a time to retreat on December 4 from 9 a.m. to 10:30 a.m. Our goal is for attendees to leave refreshed and knowing some ways to care for themselves amid the second holiday season during a worldwide pandemic. The retreat will include self-massage for hands and feet, readings, and quiet time to enjoy being.

The retreat will be led by Gerti Garner and Stephanie Herrman. Gerti is a member of St. Athanasius and a contemplative practitioner. Stephanie has been a certified Pilates coach for over 15 years. Both women have a Master’s in divinity degree.

**All are welcome!**

Our Thanks to the United Thank Offering for their financial assistance for this event