

## **NEWS RELEASE**

CONTACT: Michael O'Loughlin  
Director of Marketing & Communications  
School Sisters of St. Francis  
414-385-5236. [moloughlin@sssf.org](mailto:moloughlin@sssf.org)

### **Gentle Yoga Workshop to Connect Body, Mind, and Heart**

*School Sisters of St. Francis Promote Physical and Spiritual Wholeness on May 18*

Milwaukee, Wis., April 2, 2019—For most people, the arrival of spring and summer heralds increased outdoor activity—a time to fine-tune our physical and spiritual well-being.

The School Sisters of St. Francis' workshop "Open to Grace" will expand on the conventional concept of wholeness. On Saturday, May 18, from 9 a.m. to 11:15 a.m., yoga and movement therapist Allison Wilmes will help participants connect their body, breath, mind, and heart to one purpose with gentle yoga movements.

The gentle chair yoga workshop will pay particular attention to providing relief for anyone who might be living with pain, especially arthritis. All who are able to participate independently are welcome to join this introduction to yoga at St. Joseph Center, the sisters' south side campus (1501 South Layton Blvd. (27<sup>th</sup> St. and Greenfield Ave.) in Milwaukee.

During the two-hour workshop, Ms. Wilmes will demonstrate how yoga can be a tool to open and move the body while connecting to God within and strengthening oneself for service in the world. She will be sharing ways to combine gentle chair yoga, and breath and meditation practices as participants enjoy hearing poetry and other inspirational writings by spiritual masters like Rumi, Meister Eckhart, and John O'Donohue. She will also explain how practicing yoga exercises correlates to our ongoing quest to strengthen our Christian values.

Ms. Wilmes specializes in helping those with back pain. She uses gentle, but effective, exercises to teach clients how to move with alignment and ease. She completed her first yoga training in 2004 and her therapeutic yoga training in 2014. In addition to yoga, she uses somatic and physical therapy techniques, as well as an understanding of kinesiology and posture to inform her practices. She is an alumna of St. Mary's College in Notre Dame, Indiana. Her hobbies are dancing, biking, and kayaking with her husband, and enjoying their young grandchildren. She maintains a private studio, Wise Moves Yoga, in Mundelein, Illinois.

This invigorating class is the perfect way to jumpstart an exercise and meditation routine that can last all summer long, and beyond. Register today! This class is only \$15 and makes a great Mother's Day gift! Please send cash or checks written to: School Sisters of St. Francis Outreach Events, c/o Donna O'Loughlin; 1501 S. Layton Blvd., Milwaukee, WI 53215. Contact: [doloughlin@sssf.org](mailto:doloughlin@sssf.org) or 414-385-5272. Convenient free parking is available in the St. Joseph Center lot at 29<sup>th</sup> St. and Orchard St.

### **About the School Sisters of St. Francis**

The School Sisters of St. Francis are an international community of Catholic sisters who unite with others to build a just and peaceful world. Founded in 1874, they now have sisters, associates, staff, donors and volunteers actively working to address the needs of those who are poor and marginalized by society. Their mission is thriving throughout the United States, Europe, Latin America and India. In the U.S., School Sisters live and minister in 15 states, addressing needs in education, holistic wellness and healing, pastoral ministry, spiritual growth, social justice, and the arts. For more information about the School Sisters of St. Francis, please visit [www.sssf.org](http://www.sssf.org).

###