

# Pray-Write-Stretch

## Spiritual Writing and Yoga Retreat

JANUARY 27-29, 2023  
at Chanco on the James

Facilitated by Elizabeth Felicetti & Samantha Vincent-Alexander

\$175 Double room • \$225 • Single room • Includes all meals  
Scholarships are available through the diocese.

Get away January 27th-29th to delve into faith using three vehicles: yoga, prayer and writing. Elizabeth Felicetti will provide prompts to give people a place to begin and feedback so that participants can leave the retreat with an essay. Samantha Vincent-Alexander will lead the yoga classes incorporating themes from Epiphany. An open mic night will give all an opportunity to share their work. This retreat is open to everyone, and all activities are optional: if you want to write and skip the yoga or do yoga and skip writing, you are welcome to do so. Elizabeth Felicetti will also offer an optional session on writing book proposals that sell.



## About the Facilitators



The Rev. Elizabeth Felicetti is writing a book about the fruits of infertility under contract for Eerdmans. Her work has appeared in *The Atlantic*, *Christian Century*, sermon commentaries, and numerous other publications. She holds an MFA in writing and serves as the rector of St. David's in North Chesterfield.

The Rev. Samantha Vincent-Alexander has been practicing yoga for 20 years and has recently completed her 200 hour teacher training through YogaFit. She is also a writer and her work has appeared in *Fidelia Sisters*, *Grow Christians* and the *Daily Press*. Samantha serves as the rector of St. John's in Hampton.



*Elizabeth and Samantha are in the process of writing "Irreverent Prayers: Talking to God When You Are Seriously Sick," which will be published by Eerdmans.*

Registration is open now at [chanco.org](http://chanco.org)  
Questions? Contact us at 1-888-724-2626 or email us at [hospitality@chanco.org](mailto:hospitality@chanco.org).