



INTEGRUM HUMANUM

THEOLOGY OF THE BODY CENTER

Catholic formation center serving the renewal of an
integral Christian vision of the human person.



INTEGRUM HUMANUM

We believe that truth transforms the human person only when, by the grace of God, it finds its way from the mind to the heart and gradually becomes a way of life.

INTEGRUM HUMANUM is a Catholic formation center that, in fidelity to the teaching of the Catholic Church, seeks to serve the renewal of an integral Christian vision of the human person.

Drawing from the richness of Christian anthropology, expressed in a particular way in St. John Paul II's Theology of the Body, we seek to make this heritage accessible, understandable, and life-giving for every person—not merely as material for study, but as a path of prayer, an encounter with the living God, and a healing of our vision of God, ourselves, and others.

We seek to help people:

- understand more deeply the life-giving truth of the Catholic faith concerning love, identity, the body, sexuality, and the human vocation;
- receive it into their hearts;
- embody it in everyday life;
- live it and share it with others wherever God has called them.

We desire to build a community that brings together:

- those encountering the Theology of the Body for the first time;
- those who desire to deepen their understanding and live it more fully;
- those who already serve in this field and desire to continue growing, forming relationships, and collaborating with others.



“The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for. “The dignity of man rests above all on the fact that he is called to communion with God.”



Why do we exist?

We believe that one of the greatest challenges of our time is that the human person has forgotten who he is in the eyes of God. We live in a time marked by a profound crisis of identity and human relationships.

Many people carry deep questions, pain, and uncertainty concerning their own worth, their bodies, sexuality, love, marriage, family, and the meaning of life. Amid the pace of modern life and the constant flood of information, we can easily lose the capacity for genuine encounter—with ourselves, with others, and with God.

The way the human person, and especially the body, is viewed today often moves between two extremes. On the one hand, there is an excessive focus on outward appearance and a tendency to measure a person according to external and material standards. On the other, there is a neglect of the body and of its profound unity with the person, his or her dignity, and vocation.

We believe that St. John Paul II's Theology of the Body, rooted in Sacred Scripture and the richness of Christian anthropology, offers a profound and liberating vision of the human person. It reminds us that we were created out of love and for love, that our bodies have meaning, and that every person is called to live in the truth and fullness of life to which God calls him or her.

In fidelity to the teaching of the Catholic Church, we desire through our work to serve the Church and to support priests in the mission of the new evangelization and the proclamation of the Good News.



“Man is created to praise, reverence, and serve God our Lord, and by this means to save his soul. The other things on the face of the earth are created for man, to help him in attaining the end for which he is created.”

How We Serve?



INTEGRUM HUMANUM
CENTAR ZA TEOLOGIJU TIJELA

*“According to Scripture, it is the heart that prays.
If our heart is far from God, the words of prayer are in vain.”*

Catechism of the Catholic Church, 2562



I. SCHOOL OF THEOLOGY OF THE BODY

This is the central formation program of Integrum Humanum. It follows the “Read with the Heart” formation approach, which brings together personal reading, prayer, expert guidance, theological explanation, and communal reflection. The aim is not to acquire the greatest possible amount of knowledge, but to allow the truth that ennobles the human person and restores him to his authentic dignity to find its way from the mind to the heart and gradually shape everyday life. Individual programs generally last between eight and thirteen weeks. They are offered through regular weekly meetings, either in person or online, or in a modular format consisting of several full-day Saturday sessions, so that they may remain accessible to people in different circumstances of life.

- **Male and Female He Created Them** Our foundational formation program—a prayerful journey into the biblical and anthropological heart of the Theology of the Body.
- **Love and Responsibility**
A study of the philosophical and personalist foundations of love, attraction, and the sincere gift of self.
- **Documents of the Catholic Church**
Exploring the key teachings of the Church that safeguard and illuminate the beauty of the human vocation.
- **Catecheses on Human Love**
A deep immersion and contemplative reflection on the original texts of St. John Paul II.

II. PRAISE — A CATHOLIC MINISTRY OF PRAYER, FORMATION AND MOVEMENT FOR WOMEN

PRAISE helps women rediscover the dignity of their bodies as a gift and a temple of the Holy Spirit, and to live ever more fully from their identity as beloved daughters of God. Programs include:

- **RABBUNI** — a six-month Catholic formation journey helping women rediscover their identity as beloved daughters of God through the Theology of the Body, Sacred Scripture, and movement rooted in prayer
- **Theology of the Body Seminars for Women**
- **More Than Exercise** – an online body-care program that fosters a gentle and responsible relationship with the body and the development of healthy habits in the light of the Catholic faith

III. SEMINARS AND SPIRITUAL RETREATS

In collaboration with priests and pastoral ministers, we desire to organize seminars and spiritual retreats that help participants deepen their personal relationship with God and provide a space for spiritual renewal and interior refreshment in the light of the Theology of the Body.

IV. CONFERENCES, PROFESSIONAL GATHERINGS, AND INTERNATIONAL COLLABORATION

We desire gradually to develop international collaboration and, according to emerging needs and available possibilities, to organize conferences, symposia, and formation gatherings that contribute to the promotion of the Theology of the Body, bring together experts, pastoral ministers, and laypeople, and foster high-quality formation in service of the Church and the new evangelization.

V. FORMATION FOR MODERATORS AND LEADERS (in preparation)

We are discerning and preparing a formation program for future moderators and leaders of the School of Theology of the Body. In collaboration with priests and Catholic communities, we hope gradually to develop a program that will equip moderators to lead formation programs in different local settings.



Our Approach

“For it is not much knowledge that fills and satisfies the soul, but the intimate understanding and savoring of the truth interiorly.”

St. Ignatius of Loyola



We desire to foster a prayerful, safe, and supportive environment in which personal reading and meditation, theological and professional clarity, guidance, community, and a space for personal encounter with God are brought together.

A gradual approach and a contemplative rhythm of learning are important to us. We do not want a person merely to collect new information, but to have time to pause, listen, discern, and allow the truth he or she has received to bring about an interior renewal.

We believe that truth transforms life when, by the grace of God, it finds its way from the mind to the heart, is freely received, and gradually becomes embodied in everyday relationships, decisions, and concrete circumstances of life.

Our Core Values

- Christ-centeredness
- Fidelity to the teaching of the Catholic Church
- An integral vision of the human person
- The dignity and preciousness of every person
- The integration of faith and life
- Love of God, oneself, and one's neighbor
- Communion
- Excellence and responsible stewardship of gifts
- Creativity in the service of the Gospel





Who Are We?

“Man becomes the image of God not so much in the moment of solitude as in the moment of communion.”

St. John Paul II

INTEGRUM HUMANUM was born as the fruit of many years of shared discernment, prayer, and service. In fidelity to the teaching of the Catholic Church, it seeks to contribute to the renewal of an integral Christian understanding of the human person in the light of St. John Paul II’s Theology of the Body.

The Center was founded by the married couple Vesna and Antonio Maglov together with theologian Mateja Borovec. From the very beginning, the married couple Marija and Marko Blagović—dear friends and collaborators—have also shared in the life of the Center through their prayer, counsel, and professional support.

Each founder and collaborator brings his or her own knowledge, experience, and gifts to the life and work of the Center. They are united by a common mission: to serve the Church so that the rich heritage of St. John Paul II’s Theology of the Body may not remain merely an object of study, but may help people come to know Christ more deeply, renew the way they see God, themselves, and others, and live their Christian vocation more fully.

Everything we do, build, and hope to build, we desire to undertake in communion with priests, pastoral ministers, Catholic communities, and all people of goodwill who wish to participate in the renewal of an integral Christian understanding of the human person.





Become Part of This Mission

*"Man cannot fully find himself except through
a sincere gift of himself."*

Second Vatican Council, Gaudium et Spes, no. 24



We live in a time marked by a profound crisis of identity and an increasingly distorted understanding of the human person, the body, sexuality, marriage, and the family.

Many people today are searching for answers to questions such as: Who am I? What is the value of my body? What does it mean to be a man or a woman? How can I truly love, live in the freedom of the children of God, and discover the meaning of life?

The Theology of the Body is Good News.

We believe that St. John Paul II's Theology of the Body is one of the most precious gifts the Church has received for our time and that it offers a powerful response to these very questions. Through your donation, you make possible the development of programs, educational initiatives, formation, publishing projects, and other resources that help an ever-growing number of people discover, understand, and live the beauty of God's plan for the human person.

Every donation, regardless of its amount, becomes part of this shared mission. It helps this work bear fruit in the lives of more people and become a seed of goodness for future generations.

Thank you for joining us in building a culture of life.



INTEGRUM HUMANUM

CENTER FOR THEOLOGY OF THE BODY

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*“God gathers all men, scattered and divided by sin, into the unity of his family, the Church.
To accomplish this, when the fullness of time had come, God sent his Son
as Redeemer and Savior. In his Son and through him, he invites men to become,
in the Holy Spirit, his adopted children and thus heirs of his blessed life.”*

Catechism of the Catholic Church, 1