

New Year's Yoga and Meditation Retreat



Give yourself a gift to start the new year off well. This morning retreat will provide you the opportunity to gather yourself and reflect after the holiday

season. In this workshop, we will use gentle Kripalu yoga and guided meditation to help focus your mind and spirit on your goals for the new year. In addition to strengthening the body, yoga and meditation can help relieve stress, improve health and provide a path for deepening your relationship to spirit. No experience with yoga or meditation is necessary to fully benefit from this nurturing day. Please wear comfortable clothes and bring a yoga or exercise mat if you have one.

Facilitator: Nancy Murray

When:

Saturday, January 21, 2012
Snow Date: Saturday, January 28, 2012
9:00-12:00 pm

Where:

Spiritual Life Center
Anam Cara Room
303 Tunxis Road
West Hartford, CT 06107

Offering: \$25-35

Spiritual Life Center (860) 243-2374 or
programs@spiritlifectr.org



PROGRAM REGISTRATION

Program: New Year's Yoga & Meditation Retreat
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Snow Date: Saturday, January 28, 2012
Time: 9:00_{AM} - 12:00_{PM}
Location: Spiritual Life Center's Anam Cara Room
Offering: \$25-35

Name: _____

Phone: _____

Address: _____

Email: _____

Do you wish to receive Spiritual Life Center mailings? *(please circle one)*

Yes, by Email. No, Thank You.

Please return this registration form to the Spiritual Life Center, 303 Tunxis Road, West Hartford, CT 06107 or call the office at (860) 243-2374, or email the office at programs@spiritlifectr.org to hold your place in the program. Thank you.

Nancy C. Murray is a certified Kripalu yoga teacher who has been practicing for over 10 years. She is a member of the Yoga Alliance and the Kripalu Yoga Teachers Association. She has studied with many wonderful teachers. Recently, she attained her 500 hour certification in Pranakriya yoga with Yoganand Michael Carroll. She is also currently training to be a yoga therapist.

Nancy's unique style of yoga teaching incorporates themes into each of her classes. All classes are appropriate for people of all ages and abilities.

Prior to becoming a yoga teacher, Nancy was a CPA for eight years in the audit division of a large accounting firm and for ten years working on her own. Nancy is the mother of Helena, 16, and George, 13.