

# Fall Yoga and Meditation Retreat



After the warmth and outside activities of the summer, September brings a time of new beginnings as well as a time to come inside and check in with yourself. Take time to nurture your body and your spirit with this morning of physical yoga practice and quiet meditation. Being near the fall equinox, we will also explore balance – not just physical balance but how to bring balance into our lives. This class will be appropriate for all levels, including beginners. In addition to strengthening the body, yoga can help relieve stress, improve health and provide a path for deepening your relationship to spirit. Please wear comfortable clothes and bring a yoga mat to practice on if you have one.

## **Facilitator:**

Nancy Murray

## **When:**

Saturday, September 18, 2010  
9:00-12:00 pm

## **Where:**

First Church of Christ Congregational  
12 South Main Street  
West Hartford, Connecticut  
Parking and Entrance in Rear

**Offering:** \$25 -\$35

Spiritual Life Center (860) 243-2374 [programs@spiritlifectr.org](mailto:programs@spiritlifectr.org)



## PROGRAM REGISTRATION

Program: Fall Yoga & Meditation  
Retreat  
Date: Saturday, September 18, 2010  
Time: 9:00<sub>AM</sub> - 12:00<sub>PM</sub>  
Location: First Church of Christ, WH  
Offering: \$25 -\$35

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

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

Yes, by Mail.    Yes, by Email.    No, Thank You.

Please return this registration form to the Spiritual Life Center, Inc. 303 Tunxis Road, West Hartford, CT 06107 or call the office at (860) 243-2374, or email the office at [programs@spiritlifectr.org](mailto: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.

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, 15, and George, 12.