

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 and blanket to practice on if you have one.

Facilitator:

Nancy Murray

When:

Saturday, September 17, 2011
9:00-12:00 pm

Where:

Holy Family Public Chapel
303 Tunxis Road
West Hartford, Connecticut

Offering: \$25 -\$35

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



PROGRAM REGISTRATION

Program: Fall Yoga & Meditation
Retreat

Date: Saturday, September 17, 2011

Time: 9:00_{AM} - 12:00_{PM}

Location: Holy Family Public Chapel

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, Inc. 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 and a professional level Pranakriya 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 is currently working on obtaining her certification as a Pranakriya 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.