

Retreat Registration

Preregistration for this retreat is required: Due to lodging requirements we must submit our final headcount on February 25. All registrations must be received by February 25.

Participation: Because the schedule is a vital part of the retreat container, we require that all attendees arrive on time and plan to stay through the end of the retreat. Participants are also required to attend the first and last meditations of each day. Outside of group meetings this retreat is held in sacred silence.

Transformative Meditation Retreat Four Day/Three Night

Thursday, March 4 Sunday, March 7

Early Registration, Postmarked by February 10

Late Registration, Postmarked after February 10

	Early	Late
Double Occupancy	\$380 <input type="checkbox"/>	\$410 <input type="checkbox"/>
Private Room	\$440 <input type="checkbox"/>	\$470 <input type="checkbox"/>

Fee includes lodging, meals and tuition.

NAME _____

MALE FEMALE

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

CELL PHONE _____

EMAIL: _____

HOUSING PARTNER (OPTIONAL) _____

Mail registration to: Mary NurrieStearns
4870 South Lewis Ave Suite 180, Tulsa OK 74105



Retreat Location: St. Crispin's Retreat Center is located on 400 acres in the rolling, oak-covered hills of Seminole County within easy driving distance of Oklahoma City and Tulsa. There are quiet hiking trails and two large lakes that convey a felt sense of peacefulness, stillness and serenity.

Facilities: The retreat center lodge overlooks a tranquil lake surrounded by native oak-covered hills. The facility is a modern conference center with hotel style rooms. Each room has two twin beds and a private bathroom.

Schedule: Thursday check-in 1:30 pm to 3 pm. Thursday program 3:30 pm to 9 pm. Friday & Saturday program 7:30 am to 9 pm. Sunday program is from 7:30 am to 1 pm.

Confirmation: A confirmation letter will be sent with directions to the retreat after receipt of your registration.

Cancellation fees are as follows: 14–30 days prior to the retreat, 50% of fee. Less than 14 days prior to the retreat, 100% of total fee.

For more information:

Visit our web site
www.PersonalTransformation.com

Profound Acceptance

**MEDITATION • GENTLE YOGA
MINDFULNESS PRACTICE
SPIRITUAL INQUIRY**



Take the time...

FOUR DAY/THREE NIGHT
TRANSFORMATIVE RETREAT
THURSDAY, MARCH 4 TO SUNDAY, MARCH 7

The heart of the spiritual journey is to know and to live the truth of who you really are.

Profound acceptance arises when we look deeply within and touch into the sacred mystery.

By letting ourselves simply be, relaxing all efforts to make ourselves okay, we can discover what we have always yearned for, that we are a living miracle. When we go beneath all our stories and traumas, into the inner place of silent awareness, we gain tremendous insight and love. We then enter the domain of profound self acceptance where our sorrows melt in unconditional love.

Despite our yearning for true peace, we inevitably get caught up in our daily lives and don't have time to sense into our inner depths. For this reason it is invaluable to set aside sacred time for reflection and rest.

This meditation retreat is a rich exploration into the life of psyche and an opening to essence. We will follow a balanced schedule of meditation, inner reflection, easy yoga movement and deep rest. This combination of activities gently and safely uncovers the knowledge that you are already whole. This discovery reveals that you are more than what you do and how you were raised.

One of the great values of spiritual retreats is that it builds our capacity to be witness to our own thoughts. In doing so, the mind quiets and

we enter into an extraordinary world of stillness and inner peace. Resting in this quiet is

wonderful by itself. It also gives us a firm ground within to stand on. This place of groundedness is fertile soil for soulful exploration.

Having clarity and insight into our lives is undeniably transformative. Shining the light of inquiry into the domain of personality and essence leads to liberation from the oppression of unconscious and mechanical movement through life.

During the retreat we will approach transformation through the mental, emotional, physical, energetic and subtle bodies. To facilitate openness we will move the body in gentle ways with yoga. We will listen beautiful music to open our hearts. Participants will journal inquiry questions and have thought provoking discussions

about true self and conditioned self identity.

To ensure deep rest we have set aside free time for walking, contemplation or resting. Throughout the retreat we maintain silence to facilitate deep transformation.

If you have not been on a retreat and this appeals to you, please come. You need no previous retreat or meditation experience to fully participate.

Profound acceptance occurs when we see into our suffering, realize our basic goodness and connect with our deeper essence. Doing so, we discover that our self judgments were innocent misunderstandings and we reclaim our birthright as sacred beings.



We have combined the most transformative spiritual practices from our previous retreats to create a powerful spiritual and psychological container for connecting into the inner wellspring of true happiness and peace.

Retreat leaders

Mary NurrieStearns, is a psychotherapist and yoga teacher who travels nationally teaching yoga and meditation. She was the editor of Personal Transformation magazine, co-author of the books "Yoga for Anxiety" and "Soulful Living" and producer of CD's on profound self acceptance and mindfulness. She knows the indescribable joy and peace to be found in silence.

Rick NurrieStearns, is a meditation teacher, co-author of the books "Yoga for Anxiety" and "Soulful Living," and was the publisher of Personal Transformation, a magazine on psychospiritual growth. He has been immersed in consciousness studies for more than thirty-five years, working with the country's leading authors and healers in transpersonal psychology.