

## Retreat Registration

**Preregistration for this retreat is required:** Due to lodging requirements we must submit our final headcount on March 7, 2018.

**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. No Yoga or Meditation experience needed.

# Transformative Yoga Meditation Retreat

## Four Day/Three Night

Thursday, Mar 22 to Sunday, Mar 25, 2018

Early Registration, received by Feb 5

Late Registration, received after Feb 5

	Early	Late
Double Occupancy	\$405 <input type="checkbox"/>	\$435 <input type="checkbox"/>
Private Room	\$465 <input type="checkbox"/>	\$495 <input type="checkbox"/>

Fee includes lodging, meals and tuition.

NAME \_\_\_\_\_  
 Male  Female

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

EMAIL: \_\_\_\_\_

Food Preference  MEAT  FISH  VEGETARIAN

HOUSING PARTNER (OPTIONAL) \_\_\_\_\_

Mail registration to: NurrieStearns  
Post Office Box 2271, Muskogee OK 74402



**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. No pets allowed.

**Schedule:** Thursday check-in 12:30 pm to 2:30 pm. Thursday program 3:00 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 e-mail will be sent with directions to the retreat after receipt of your registration.

**Cancellation:** Fees are as follows: 31 days or more prior to retreat, \$30 cancellation fee. 14-30 days prior to the retreat, \$60 fee. Less than 14 days prior to the retreat, no refund.

### For more information:

Visit our web site  
[www.PersonalTransformation.com](http://www.PersonalTransformation.com)

# HAPPINESS AND INNER PEACE

## MEDITATION AND YOGA RETREAT INTENSIVE

Four Day/Three Night Retreat

March 22 – 25, 2018

Take the time...

meditation • gentle yoga  
mindfulness practice • art therapy • inquiry



Give yourself time for quiet  
contemplation and enter into  
the realm of true-self.

Research shows that you are happiest when you are aware of the present moment! You are generally more contented when you focus on what you are doing rather than when you are absorbed in thoughts, even pleasant ones.

There is life “as it is” in the present moment and life manufactured by thoughts. Construct your reality with daydreaming and reverie and you miss out on the present moment. Such thoughts create a reality quite disconnected from what is going on. Plus, focusing on the past or future distracts you from the present and alters your experience of it. After all, memory can be distorted and the future hasn’t happened yet.

Thoughts diminish your awareness of here and now and cause you to feel separate from it. Your breath lets you know that you are inseparable from the present moment. It also quiets your mind allowing you to experience the peace and contentment that



are always available.

In our daily lives we inevitably get caught up in the business of routine tasks. We don’t take the time to develop the capacities most central to our happiness and wellbeing. For this reason it is truly invaluable to set aside time for retreat.

This meditation retreat is a rich experience of studying and practicing present moment awareness. We will follow a balanced schedule of meditation, inner reflection, gentle yoga movement and deep rest. We will journal our responses to inquiry sessions, express ourselves through art, have thoughtful discussions and make friends with inner stillness. This combination of activities gently and safely uncovers our peaceful core.

To ensure deep peaceful rest there is plenty of free time for walking, contemplation and resting. Throughout the retreat, outside of guided group discussions, we maintain silence to facilitate deep transformation.

### Experience:

- ◆ The joy of being fully present to the moment.
- ◆ Being unencumbered by thoughts that cause you to drift away.
- ◆ The extraordinary peace of a quiet mind.
- ◆ Feeling connected with life.
- ◆ Feeling at home in yourself.

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 happiness and peace.



### Retreat leaders

**Mary NurrieStearns**, is a psychotherapist and yoga teacher who travels nationally teaching yoga, mindfulness and meditation. She was editor of Personal Transformation magazine and co-author of “Soulful Living,” “Yoga for Anxiety,” “Yoga for Emotional Trauma,” and “Yoga Mind Peaceful Mind.” She credits the healing practices of yoga with profound inner healing and lives quietly with Rick in their house in the woods.

**Rick NurrieStearns**, has been immersed in consciousness studies for more than four decades. For over 20 years he was involved in publishing transformational books and magazines. He was the publisher of the magazines “Lotus” and “Personal Transformation,” co-editor of the book “Soulful Living,” co-author of “Yoga for Anxiety,” “Yoga for Emotional Trauma” and “Yoga Mind, Peaceful Mind.”