

Retreat Registration

Preregistration for this retreat is required: Due to lodging requirements we must submit our final headcount on March 1. All registrations must be received by March 1.

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 silence.

Transformative Meditation Retreat Four Day/Three Night

Thursday, March 15 to Sunday, March 18

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: Personal Transformation
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.

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 e-mail will be sent with directions to the retreat after receipt of your registration.

Cancellation fees are as follows: 18–30 days prior to the retreat, \$35 fee. Less than 18 days prior to the retreat, \$65 fee.

For more information:

Visit our web site

www.PersonalTransformation.com

Living Your Truth

TRANSFORMATIONAL

Meditation and Yoga Retreat

MEDITATION • GENTLE YOGA

MINDFULNESS PRACTICE

SPIRITUAL INQUIRY



Take the time...

FOUR DAY/THREE NIGHT

TRANSFORMATIVE RETREAT

THURSDAY, MARCH 15 TO SUNDAY, MARCH 18

You, like many, may yearn to live from your inner most truth. Yet you may fear living that very truth, for as liberating as it is, you naturally cling to familiar ways of being. Take comfort, as truth is deeply kind because it frees you from what is no longer real.

You can wait for truth to pursue you or you can seek truth by asking two fundamental questions, “Who am I,” and “Am I living according to my deeper values?” Asking these questions involves a journey of discovery that clears out misunderstandings and connects you to your essence. You meet yourself beneath the mundane circumstances that tend to fill life.

Undertaking a compassionate self inquiry empties you of all that is no longer true without taking away love, compassion, honesty, joy, creativity or your sense of profound belonging. It cannot, for these qualities arise from your inner essence. In fact, just the opposite occurs. Misperceptions and self protective motivations fall by the side, and you feel deep reverence for life

There are only two mistakes one can make along the road for truth; not going all the way and not starting. Along the way you encounter your “false self,” (your story of who you are) and the motivations for power, control, safety, approval and esteem that accompany it. This sense of you focuses on survival and/or some idealized sense of who you think you should be. Beneath that is your inner essence that is already and always worthy. When you become aware of who you are in your core, you discover true happiness and joy.

In retreat we take time to be with ourselves. Through meditation we learn to be a great witness of our inner life, including our thoughts. When we observe, we become quiet

and enter into the Sacred. There, in stillness, we experience profound connection with ourselves.

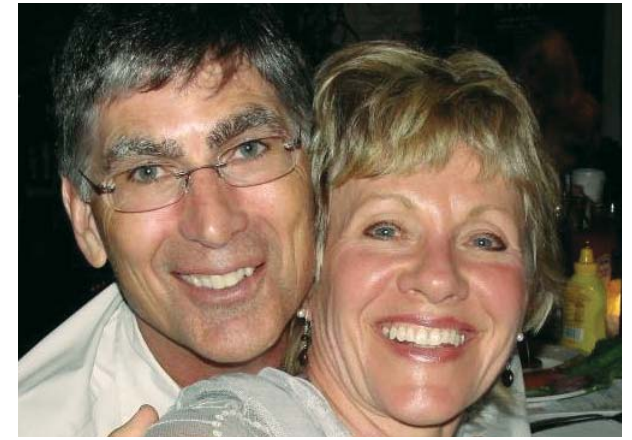
In retreat we practice living in the here and now. Thoughts not only disconnect us from our deeper selves, they separate us from the present moment. Thoughts about the future and the past transport us into a world that once was or exists only in our imagination. Life is precious and we don’t have to waste it in thoughts of what was or what might be.

In retreat we reconnect to our bodies. Learning to take care of our bodies depends upon us being aware of them. We have to recognize fatigue, restlessness and fullness in order to know when to rest, stop eating and go for a walk.

Retreats are a wonderful place to learn to take care of body, mind and spirit. As the years go by we increasingly trust the transformative and loving energy of the groups. Within this safe space we relax and melt away the misunderstandings, tension and fear that keep us trapped. The safety is created by following a balanced schedule of meditation, inner reflection, transformative practices, gentle yoga movement and deep rest. Additionally, retreats are held in Noble silence, outside of scheduled group teachings and guided discussions.

As true connection arises from the Sacred, we invite deep communication through times of silence, meditation, contemplation and beautiful music. To release tension we relax with gentle yoga. To facilitate profound healing we journal, draw and have thoughtful discussions.

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



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 and meditation for nearly four decades, working with the country’s leading authors and healers in transpersonal psychology.