

Retreat Registration

Preregistration for this retreat is required: Due to lodging requirements we must submit our final headcount on March 6, 2019.

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 prior experience of meditation, yoga, or art is required.

Transformative Yoga Meditation Retreat

Four Day/Three Night

Thursday, Mar 21 to Sunday, Mar 24, 2019

Early Registration, received by Feb 1

Late Registration, received after Feb 1

	Early	Late
Double Occupancy	\$420 <input type="checkbox"/>	\$450 <input type="checkbox"/>
Private Room	\$480 <input type="checkbox"/>	\$510 <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

LIVING YOUR TRUTH

MEDITATION AND YOGA RETREAT INTENSIVE

Four Day/Three Night Retreat

March 21 – 24, 2019

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.

You are on a loving path when you are guided by what matters most to you. Give yourself some time to rest so you hear the still, small voice within. Do so and you embark on a journey that makes you feel authentic, refreshed and fully alive.

This retreat is an immersion in inner listening and heartfelt reflection. We will meditate to learn to witness thoughts and quiet our minds. We will practice compassionate ways to take care of our tender emotions. We will practice yoga to relax our bodies.

We learn by studying important insights, such as, “we are much more than our old stories and emotions.” We also touch into our inner stillness, knowing and extraordinary potential.

The days go from 7am to 9pm with a balanced schedule of meditation, gentle yoga, art therapy, journaling, teachings, and group discussions. Delicious meals are provided along with healthy snacks and coffee. The setting is welcoming, comfortable, and idyllic, with time after lunch to hike around lakes and take in the sky and oak-covered hills.

Outside of guided group discussions, we maintain silence to facilitate deep transformation. Attendees quickly adjust to it and appreciate the restful break from everyday ego and small talk.

The environment is safe, non-judgmental, and non-dogmatic, borrowing from the wisdom traditions as well as the latest findings of neuroscience. Rick and Mary lead gently with warmth, joy, intelligence, respect, and deep experiential knowledge.

In our daily lives we inevitably get caught

up in the business of routine tasks. We don't take the time to explore what is most central to our happiness and wellbeing. For this reason it is truly invaluable to set aside time for retreat.

Experience:

- ◆ Moving in the direction of your potential.
- ◆ The extraordinary peace of a quiet mind.
- ◆ Feeling connected with yourself and life.
- ◆ Living according to your most heartfelt values.



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 therapist who travels nationally teaching yoga, mindfulness and meditation. She was editor of Personal Transformation magazine, author of “Healing Depression, Anxiety and Unworthiness,” co-author of “Yoga for Anxiety,” “Yoga for Emotional Trauma,” and “Yoga Mind Peaceful Mind.” She credits the healing practices of yoga with profound inner healing.

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.”