



BREATHING
INTO
CONNECTION:

A LENTEN
YOGA
RETREAT

Saturday, March 10, 2012
Nancy Murray
10:00 a.m.-5:00 p.m.
Offering: \$45

As we live our busy lives, we sometimes lose our sense of connection to God. Lent is a perfect season to take the time to pause and listen to the spirit. During this day, we will use breathing exercises, yoga postures, meditation and journaling to help in our listening and reflection. Use this time to help discern if you are fulfilling your whole potential. Please wear loose, comfortable clothing and bring a journal/paper and a yoga mat if you have one. Mats are available for purchase in the bookstore. This class is appropriate for people at all levels, including beginners.

Nancy C. Murray is a certified Kripalu yoga teacher who has been practicing for over 10 years. She is also a professional level teacher in Pranankriya Yoga. Nancy is a member of the Kripalu Yoga Teachers Association and Yoga Alliance. She has sung in the choir at St. Peter Claver Church for over 20 years! Her unique style of yoga teaching incorporates themes into each of her classes. Before 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.



REGISTRATION FORM

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Name

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Address

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City

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State **Zip**

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Phone

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E-mail

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Parish & Town

Saturday - March 10 - \$45

Please make sure that you include the names and addresses of all who will be attending. I also include \$ for those needing financial assistance to attend retreats.

*Mail Reservation Form and Offering to: **Holy Family Passionist Retreat Center***
303 Tunxis Road, West Hartford, CT 06107-3119.
860.521.0440 • www.holyfamilyretreat.org • holyfamilyretreat@cprov.org

