

## Retreat Registration

**Preregistration for this retreat is required:** Due to lodging requirements we must submit our final headcount on October 20, 2021.

**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, Nov 4, to Sunday, Nov 7, 2021

Early Registration, received by Sept 20

Late Registration, received after Sept 20

	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](http://www.PersonalTransformation.com)

# EMBRACE YOUR LIFE LIVE YOUR TRUTH

## MEDITATION AND YOGA RETREAT INTENSIVE

Four Day/Three Night Retreat

November 4-7, 2021

Take the time...



meditation • gentle yoga  
mindfulness practice • art therapy • inquiry

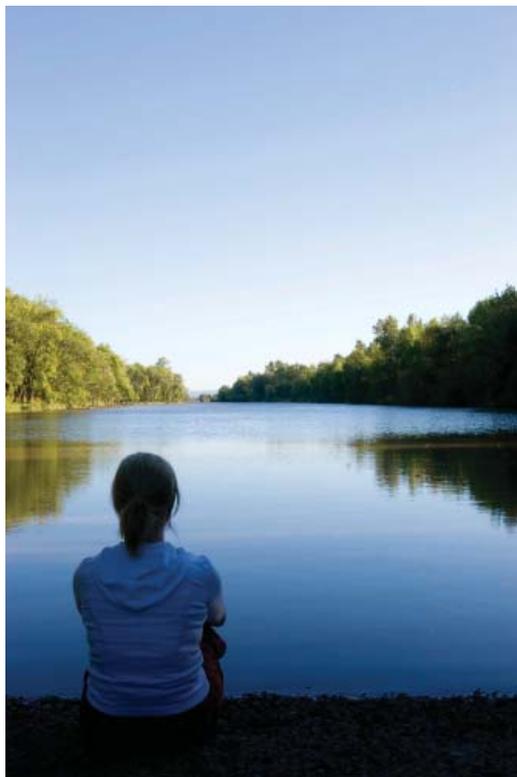
Give yourself time for quiet  
contemplation and enter into  
the realm of true-self.

The journey of learning to live according to your innermost values is a holy practice. It is a sacred adventure where you heal the past and become more intentional. Along the way you replace habits that no longer serve, lovingly address past trauma, cultivate social support, sense your place in the universe and practice lots of self-care. It involves big doses of self-understanding, self-acceptance and acting on your core values.

This retreat is an immersion in healing practices. They include: meditating to learn to witness thoughts and quiet our minds, practicing compassionate ways to take care of our tender emotions, practicing yoga to heal and relax our bodies and inquiring into core values.

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 and optional visiting time after lunch, 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.”