

HOLY SPIRIT RETREAT CENTER | 4316 LANAI RD., ENCINO, CA 91436

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Saturday, September 13, 2014 | 9:00 a.m. – 4:00 p.m.

EXERCISING YOUR FAITH: FITNESS IN BODY AND MIND ARE AN INTEGRAL PART OF YOUR SPIRITUAL JOURNEY

Presenter: Mara Carrico, Author and Yoga

Recognizing that the body is the **temple of spirit** and the vehicle through which we practice our faith – whatever it may be – this workshop will provide guidelines and suggestions as to how your fitness routines, your nutrition, your social activities can all support your individual spiritual path. Yoga, breathing techniques, the mating of music and movement with prayer, with chants, affirmations and journaling will give participants the experience and template through which each person may incorporate these tools into his or her lifestyle in a practical way.

Mara Carrico is the author of **Yoga Journal's Yoga Basics** and the choreographer of the first of Jane Fonda's Yoga Workout video and DVD series. A yoga instructor since 1971, she is also a classically trained dancer and was personally coached by Ruth St. Denis, the First Lady of American Dance. Carrico's focus is on mating her spiritual practices with her dance experience along with her love of art into a unique performance expression.



FEE: \$45 WITH LUNCH | \$35 WITHOUT LUNCH | \$10 NON-REFUNDABLE DEPOSIT WITH REGISTRATION

REGISTRATION FORM

(EXERCISING YOUR FAITH)

NAME : _____

ADDRESS: _____

E-MAIL: _____ TEL. : _____

ENCLOSED IS MY NON-REFUNDABLE DEPOSIT: \$ _____ ENCLOSED IS MY FULL PAYMENT: \$ _____

ENCLOSED IS MY FREE—WILL OFFERING : \$ _____

SIGNATURE: _____ DATE: _____