

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

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Friday, October 23 from 5:00 p.m. through Sunday, October 25 at 1:00

## WELLNESS WEEKEND:

# OUR BODIES ARE TEMPLES OF THE HOLY SPIRIT

Presenters: Arnel Reyes, M.D., Lala Rukh Khan, Wellness Educator, Deborah Lorentz, SSS L.Ac.

Perhaps you are someone who has said to yourself, "I know that I need to take better care of myself physically...but it is so hard!" Then this weekend is for you. This retreat will provide presentations on caring for our bodies as "temples of the Holy Spirit" – the importance of physical fitness and diet, the connections between medicine and spirituality, and how to deal with stress, using faith, meditation and prayer. There will be opportunities for simple yoga and qi gong as coping mechanisms, stretching and movement, and opportunities for one-on-one conversations with the presenters. Bring an open mind, a yoga mat or a blanket.

*Dr. Reyes is a practicing family medicine doctor who is also an avid endurance, multi-sport athlete, coach and certified personal trainer. He has an extensive resume, having engaged in many service projects. Lala has years of experience as a wellness and movement educator and specializes in laughter yoga. Sr. Deborah is a licensed acupuncturist in the state of California and will suggest alternative ways to deal with wellness issues.*



**Cost:** \$250.00 per person/single occupancy | \$200.00 per person/shared occupancy | \$125.00 per person/commuter | \$50.00 non-refundable deposit with registration by October 10th

## REGISTRATION FORM

### (WELLNESS WEEKEND)

NAME : \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ TEL. : \_\_\_\_\_

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

ENCLOSED IS MY FREE—WILL OFFERING : \$ \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_