

Holy Spirit Retreat Center | 4316 Lanai Rd., Encino, CA 91436

818-784-4515 | Fax : 818-784-0409 | www.hsrcenter.com | hsrcenter@earthlink.net

DATE: A Series of six sessions
Wednesdays September 11,18,25 and October 2, 9,and 16

Be FIT...Be WELL

Cultivate happiness, health and wellbeing.

A combination of body, mind and spirit.

Facilitated by: Lala Rukh Khan (MBBS)

Join us for playful, peaceful and enlightening session including gentle stretching, restorative yoga, deep breathing, mindful meditation and slow body movements.

Adults & Seniors

Current scientific studies have shown that these integrative healing therapies increases mind and body productivity, reduces stress, anxiety and blood pressure, improves joint range of movements and reduces joint stiffness, improves circulation, flexibility, core strength, balance and coordination, enhances memory and concentration and raises immune functions while increasing an overall sense of wellbeing and greater level of happiness.

PER SESSION FEE: \$15 | Pre-registration required.

REGISTRATION FORM

(BE FIT-BE WELL)

NAME: _____

ADDRESS: _____

E-MAIL : _____ TEL.: _____

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

ENCLOSED IS MY FREE WILL OFFERING \$ _____

SIGNATURE : _____ DATE: _____