

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

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

Saturday, , June 6th, 9:00 a.m. – 4:00 p.m.

YOUR SPIRITUAL JOURNEY AND YOGA: BODY MIND AND HEART TOGETHER

Presenter: Mara Carrico, Author of: *Yoga Journal's Yoga Basic* and Yoga Instructor



This workshop has the unique purpose of showing us how to combine movement of the body with the desire of the mind and heart to be one with God. Guidelines and suggestions will be given to us so that our individual spiritual paths may take into account how our bodies want to praise God along with our spirits. Yoga, breathing techniques, chants, and music, and journaling will give participants the experience and template so that each person may incorporate these tools into his or her lifestyle in a practical way.

Mara was the choreographer of the first of Jane Fonda's Yoga Workout video and DVD series. She is a classically trained dancer.

Fee: \$45.00 with lunch; \$35.00 without lunch
\$10.00 non-refundable deposit with registration

REGISTRATION FORM

(YOUR SPIRITUAL JOURNEY & YOGA, JUNE 6)

NAME : _____

ADDRESS: _____

E-MAIL: _____ TEL. : _____

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

ENCLOSED IS MY FREE—WILL OFFERING : \$ _____

SIGNATURE: _____ DATE: _____