

Be Centered in Your Holiday

Join Karen Nixon in a Yoga Retreat

Saturday December 3rd 2005 10:00 a.m. -5:00 p.m.
\$55 - Lunch and snack included

Inaugural retreat at the newly opened Cedar Hill Retreat Center outside Carlisle Kentucky.
For more information call Karen Nixon at 859-536-1322.

Oftentimes holidays are hectic, stressful and just plain hard. Be kind to yourself...

- **Retreat** to the countryside
- **Restore** and **rejuvenate**
- **Connect** and **reflect** with others
- Enjoy a **supportive, nurturing** environment
- **Empower yourself** with simple, practical centering skills
- **Restore yourself** to a centered place of being

You will acquire simple, practical, centering skills through:

- Yoga practice
- Breathing exercises
- Meditation
- Self-massage techniques
- Applied yogic philosophy
- Relaxation

You will be able to utilize these skills any time you feel ungrounded, scattered or upset to help you reconnect to your center.

Yes, sign me up!

Registration is complete by returning this form with a check for \$55 payable to Karen Nixon before November 19. You will be sent a confirmation letter with additional information and directions to Cedar Hill Retreat Center.

Name _____

Address _____

Home Phone _____ Cell Phone _____

E-mail Address _____ Dietary Restrictions _____

Please return to Karen Nixon, 1878 Parkers Mill Rd., Lexington, KY 40504