



# Fall Retreat

With Kirsten & Ross Guest  
Center of Timeless Being [www.nondual.com](http://www.nondual.com)

## Take time to step “Inside” and simply “Be”

Retreat is a time to rest in “stillness”, a place where we can simply “Be”. We touch this Stillness by exploring gentle movement, breathing practices and iRest yoga nidra. Through these practices, we learn how to relax and live more fully in the present moment so we can return to our lives with a renewed sense of clarity and ease.

Nov 6-8th  
Friday 6pm– Sunday, 1pm  
Martha Retreat Center  
Lethbridge, Alberta  
[www.themarthas.com/martha\\_centre.htm](http://www.themarthas.com/martha_centre.htm)



**Cost: \$300** All-Inclusive (workshops, accommodation, and meals)  
**\$230** Workshops and meals only.  
Space is limited to 18 participants.  
\*10% discount for registration before Oct 22nd

**To Register: Call Val at 403-381-6101 or Vickie at 403-320-6763**  
**Email: [kunimoto@uleth.ca](mailto:kunimoto@uleth.ca)**  
**[www.spiritinmotionyoga.ca](http://www.spiritinmotionyoga.ca)**