



# Retreat Center of Maryland

## The Lessons of Winter: *Yoga for Resiliency*

Saturday, February 17, 2018 · 9am - 12noon

Blueberry Gardens Retreat Center · 237 Ashton Road · Ashton, MD 20861

Cost: \$50 For more info: 410.720.4340

Join us for this half-day retreat to find and nurture resiliency during challenging times. Winter teaches us that days get dark and cold, and it challenges us to find inner warmth and light. Come join us at beautiful local Blueberry Gardens Retreat Center for a nurturing morning of self-care, reflection and community. The morning will include a beautiful setting, a warm cup of tea, gentle yoga, iRest yoga nidra for stress reduction, and yogic teachings and discussion on what sustains us during stressful times. And be aware that whenever Lucy and Kim teach together, there tends to be laughter aplenty! Come join us. Honor the lessons of Winter – turn inward to find the nourishment that sustains.

*In the midst of winter, I found there was, within me, an invincible summer. (Albert Camus)*



**Kim Flyr, RYT500, LCPC**, found yoga 15 years ago because she wanted relief from stress! She now loves to share with students what she continues to learn about how yoga can calm and restore the mind, body and spirit. Kim is also a mental health counselor who spent many years in HCPSS and now works in private practice. She has (almost!) raised three children. She recognizes the stress that comes from caring for others and the busy pace of our lives. Kim’s style is warm and supportive, and she infuses her classes with wisdom, humor and practical suggestions for living with greater connection, ease and well-being.



**Lucy Lomax, Certified Yoga Therapist C-IAYT, E-RYT 500, RPYT, YACEP, C-WAE, C-IREST, CES, Yoga for Amputees Y4A** trained, began meditating and practicing yoga in the 70s and teaching yoga in 1999. After 32 years as a financial policy analyst (BS Organizational Behavior, Masters in Public Financial Management) Lucy became a full-time yoga teacher. Her yoga background includes 18 years of study and practice in alignment-based yoga, and her teaching is based on anatomy, posture, movement, and integrative body/mind principles. She focuses on trauma-sensitive yoga and meditation, as well as adaptive yoga for injuries, illnesses, special conditions and recovery.



**TWO REGISTRATION OPTIONS:** 1) Register and pay online at [retreatcenterofmaryland.org](http://retreatcenterofmaryland.org). 2) Complete this form and return with payment to Retreat Center of Maryland, c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045.

Name \_\_\_\_\_ Check here  if this is a new address.

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Day Phone \_\_\_\_\_ Night Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Please enroll me for ***The Lessons of Winter: Yoga for Resiliency.***  
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I have included a check for \$50 payable  
to Retreat Center of Maryland.