

Let your values do the driving  
A yoga practice “off the mat” to be your best  
at home and work

A special New Year’s workshop retreat for Women’s Fund  
Grantee Partners, Board Members, Staff & Friends

Led by Kristin Leutz

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Cultivating greater self-awareness is a powerful tool for improving our relationship with ourselves and others. Join us for a special yoga practice “off the mat” as we adapt ancient yogic wisdom to daily life. We will learn a set of self-observances called *yamas* and *niyamas* in a modern context with simple examples of how to live our values every day to improve our lives at work and home.

January 10, 4:30 - 6:00 PM

Eastworks Building, 116 Pleasant Street, Room 160, Easthampton

Cost \$10

Space is limited. Please register by January 4, 2012 to  
[julieh@womensfund.net](mailto:julieh@womensfund.net) or 529-0087 x 10

Participants should wear comfortable clothing that allows for very gentle movement and breathing exercises in addition to discussion time.

**Kristin Leutz** is a proud donor and volunteer with the Women’s Fund of Western Massachusetts. She is a philanthropic advisor with over 16 years of experience in financial services and non-profit organizations. As the Vice President of Philanthropic Services at the Community Foundation of Western Massachusetts, Kristin shares her career in philanthropic gift planning with a long-time career partner. Prior to assuming this role, Leutz was an Organizational Development Consultant at MassMutual Financial Group. She is also a certified Kripalu yoga teacher who donates her time to bring the benefits of yogic philosophy to the social sector. Leutz has a Masters in Science in Industrial/Organizational Psychology from Springfield College where she focused her thesis studies on work/life balance, and she is an alumna of Colgate University. Kristin is a mom of two boys, a runner, and most recently, an aspiring ukulele player.