

Come to a Spring Yoga Retreat at Boulder Hot Springs April 16, 17 & 18, 2010

Judy Landecker and Charles Udell
of Northern Lights Yoga
invite you to:

A Celebration of Yoga;
Rest and Restore;

Inspire and celebrate yourself and
Take in the beauty of this miraculous season
in a sacred place



Come and enjoy four Yoga classes (open to all levels), two overnight stays at Boulder hot Springs, six great meals, soak in the hot spring, hike, and relax.

Call Kerri at 406-225-4339 for registration or information.

We look forward to sharing our love and thankfulness for yoga, this beautiful and powerful land, its healing waters, good food from the Boulder Hot Springs Kitchen, the healing power and the joy of community with you.