



Boulder Hot Springs
 Women's Yoga Retreat
 February 25 & 26 2012

Please complete the information below
 and send this form with payment to:

Northern Lights Yoga
 2751 Grizzly Gulch Dr, Helena MT 59601

Space is limited; please register early

Name: _____

Address: _____

City: _____ ST: _____ ZIP: _____

Phone: _____ Day/Eve

E-Mail: _____

If full payment is made before Jan 25, 2012, deduct \$15

- Enclosed is my payment in full of \$285 for a single room
- Enclosed is my payment in full of \$250 for a double room. My roommate will be: _____

Rooms will be assigned on a first-come first-serve basis with the lower floors assigned first.

Come soak in healing water and steam baths, share healthy vegetarian meals with good company, and learn about how to honor your moon cycles.

Judy Landecker will teach restorative Yoga pose sequences designed especially for the moon cycles (including menstruation, peri-menopause and menopause, and others relating to women's hormonal systems).

Barb Bayer, Helena Acupuncturist and Doctor of Chinese Medicine, will give a lecture and demonstration Saturday evening.

The Retreat will include three Yoga classes, a lecture demonstration, four meals, and an overnight, plus plenty of time to rest and soak.

This workshop is open to women of all ages and experience (or inexperience) in Yoga.

This is an especially good opportunity for teachers to learn some of the sequences taught by Geeta Iyengar in the Women's intensive in Pune, India.

Namaste`

Schedule

Saturday	Sunday
9 am Check-in	8 am Breakfast
10-12 Yoga Class	9-12 Yoga Class
12:30 Lunch	12:30 Lunch
4-6 Yoga Class	11 am Checkout Time
6:30 Dinner	
After Dinner - Lecture/demo	

Accommodations

Boulder has many double to triple occupancy rooms, some with shared bath and some with private bath. All meals are shared in the dining room.

Bring:

You will need the following props: 1-2 bolsters; 4-5 firm cotton or wool blankets; a belt; 1-2 blocks; a sticky mat; and an eyebag. I have props for sale (orders must be placed with two weeks notice). I can also bring a limited supply of props to borrow if you do not have them and cannot afford them - you must let us know in advance. Bring a bathing suit and/or cross-country skis if you wish.

Refunds

Due to the cost of preparing for this workshop, no refunds will be given after February 14, 2012 unless the workshop has a waitlist and we can fill your space.

Any Questions, Call Judy at 406-449-2205

NORTHERN LIGHTS YOGA
2751 GRIZZLY GULCH
HELENA MT 59601-9667

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PLEASE HELP SAVE PAPER AND POSTAGE. CALL (406) 449-2205 AND LEAVE A MESSAGE
OR E-MAIL US AT JMYPAL@AOL.COM IF YOU NO LONGER WANT A SCHEDULE OR IF YOU RECEIVE A DUPLICATE. THANKS!

