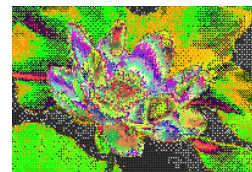
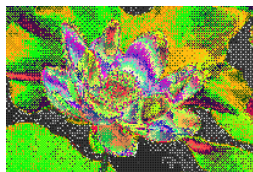
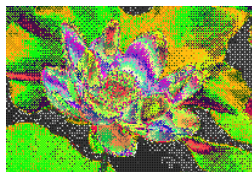


Back To Bliss Yoga

Autumn Women's Yoga Retreat
November 7th-9th, 2008

The Wheel of Life Exploring the Chakras

*Stress slips away and your true nature returns, bringing you
back to peace, back to balance, back to bliss.*



Join Jen & Harriet for a weekend of self discovery & renewal! Relax & immerse yourself with feminine energy as we gather again at Lubrecht for the 5th year. Lubrecht Forest is less than an hour drive from Missoula & nestled in the stillness of the fall landscape. Treat yourself...body, mind, & spirit with this special woman's weekend.

Retreat Schedule:

- Friday: Check in between 2-6 pm and enjoy settling in, walking in the woods or quiet time for reflection. Dinner will be at 6:00, followed by yoga as we begin the exploration of our feminine energy.
- Saturday: Rise early morning for meditation, breakfast, & yoga. After lunch, you will have time to walk, visit, have a massage, or enjoy personal quiet time. Late afternoon will focus on yoga practice. Saturday evening will offer a special circle.
- Sunday: We will continue with more expanded practices of yoga including asana, pranayama, mudra, mantra, meditation and deep relaxation techniques, followed by a fun Sunday brunch. The retreat will end around 2:00 pm.

Retreat fee includes 2 dinners, 2 lunches, & 2 breakfasts, yoga classes, special group activities and lodging Friday & Saturday nights. All rooms are double occupancy. Massage will be available for an extra fee.

Harriet Alterowitz and Jennifer Brooke are both certified yoga teachers/therapists with Integrative Yoga Therapy. They combine their strengths of precise alignment, creativity, and fluidity in this fun-filled workshop. Plan to deepen your practice and learn more about the philosophy of yoga in an experiential way.

(See registration details on back)

