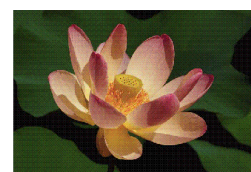
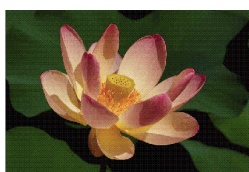
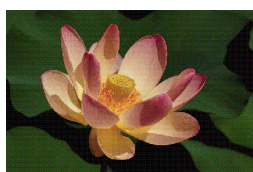


# Back to Bliss Yoga Spring Women's Yoga Retreat “A Celebration of the Feminine!”

May 4-6, 2012

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 at **Boulder Hot Springs Resort**. Boulder is nestled in the heart of Montana's Peace Valley. Enjoy this historic springs dubbed the “Grandmother of all Montana Hot Springs. Enjoy the healing hot & cold pools & stream rooms. Treat yourself...body, mind, & spirit with this special woman's weekend. Boulder is 2 ½ hours east of Missoula or 30 minutes from Helena.

## Retreat Schedule:

- **Friday:** Check in anytime after noon and enjoy settling in, taking a soak or quiet time for reflection. Dinner will be at 6:00, followed by a restorative yoga class.
- **Saturday:** Rise early morning for meditation & breakfast. Take part in an energizing morning yoga class. After lunch, you will have time to hike up the mountain, soak, or enjoy personal quiet time. Late afternoon will focus on yoga practice. Saturday evening will offer a special circle.
- **Sunday:** Rise early for meditation class. After breakfast, we will continue with more expanded practices of yoga including asana, pranayama, mudra, mantra, followed by Sunday lunch. The retreat will end with lunch.

Retreat fee includes Friday night dinner, Saturday breakfast, lunch, & dinner, & Sunday breakfast & lunch, 2 nights lodging, use of all the pools & great yoga with Jen & Harriet.

[www.backtobliss.com](http://www.backtobliss.com)  
See registration details on back

**Back to Bliss Yoga Spring Women's Retreat, May 4th-6th, 2012**

NAME \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Cell \_\_\_\_\_

Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ (Print clearly please)

I can bring the following props: sticky mat \_\_\_\_\_, yoga blanket \_\_\_\_\_, 2 blocks \_\_\_\_\_, bolster \_\_\_\_\_, yoga belt \_\_\_\_\_. We will supply props if you do not have them.  
Roommate request \_\_\_\_\_ Special dietary needs \_\_\_\_\_

**Early Bird Registration Fee by April 1, 2012. Rates are per person.**

**For registrations after April 1st, add \$30.00.**

\_\_\_\_\_ \$275 Double Occupancy Guest Room

\_\_\_\_\_ \$300 Double Occupancy Bed & Breakfast Room

\_\_\_\_\_ \$315 Single Occupancy Guest Room

\_\_\_\_\_ \$360 Single Occupancy Bed & Breakfast Room

\_\_\_\_\_ Amount enclosed (\$30 deposit or full fee)

**Complete fee is due by April 1<sup>st</sup>.**

Bed & Breakfast Rooms are more spacious & theme decorated. B&B rooms have either a half bath or full bath. Guest rooms have a shared bath.

All room availability is limited & will be filled on a first-registered basis.

Visit the website: [www.boulderhotsprings.com](http://www.boulderhotsprings.com) to view B&B rooms.

Make checks payable to: **Back to Bliss Yoga** & send this registration to:  
Harriet Alterowitz, Back to Bliss Yoga, 113 Mcleod Av, Missoula, MT 59801.

**Cancellation Policy:**

\$30 deposit is non-refundable.

No refunds or credits if cancel is after April 1<sup>st</sup>.

You may transfer your retreat fee to another person.

Please register early to save money and to insure your spot. If the workshop fills, you will be notified and put on the wait list. Boulder Hot Springs is a smoke & alcohol free environment.

You will receive a confirmation letter & details on the retreat upon full registration.

**Harriet Alterowitz and Jennifer Brooke** are both experienced and certified yoga teachers/therapists with Integrative Yoga Therapy and registered at the E-500 level with Yoga Alliance. 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.

For more information call

Jennifer Brooke @ 406.721.3905 email: [jbrookemt@aol.com](mailto:jbrookemt@aol.com)

Harriet Alterowitz @ 406.370.6464 email: [hattieyoga@gmail.com](mailto:hattieyoga@gmail.com)