

Back to Bliss Yoga

Fall Retreat for all YOGIS and YOGINIS
October 2-4, 2009

The Healing Energy of Water

*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 great energy as we gather at Boulder Hot Springs, 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 weekend. Boulder is 2 ½ hours east of Missoula or 30 minutes from Helena. Non-participating partners are very welcome!

Retreat Schedule:

- Friday: Check in anytime after noon. Enjoy settling in, taking a soak or having quiet time for reflection. Dinner will be at 6:00, followed by a **restorative yoga class**.
- Saturday: Rise early morning for **early meditation**, then breakfast. Take part in an energizing **morning yoga class**. After lunch, you will have time to ride your bike, hike up the mountain, soak or enjoy personal quiet time. **Late afternoon will focus on yoga practice**. Saturday evening will offer a special celebration.
- Sunday: Rise early for **Sun Salutation class or meditation class**. After breakfast, we will continue with expanded practices of yoga including **asana, pranayama, mudra and mantra**. The retreat will end around 1:30 or 2:00 p.m.

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**.

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)

Back to Bliss Yoga Fall Retreat, October 2-4, 2009

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 September 1st: Per Person. Add \$25 to each price after September 1st.

_____ \$265 Double Occupancy Guest Room
_____ \$290 Double Occupancy Bed & Breakfast Room
_____ \$315 Single Occupancy Guest Room
_____ \$340 Single Occupancy Bed & Breakfast Room
_____ Amount enclosed (\$25 deposit or full fee)

Bed & Breakfast Rooms are more spacious & theme decorated. Most have either a half bath or full bath. Guest rooms have a shared bath or half bath. Bed & Breakfast Rooms are limited & will be filled by first registered. View the website:

www.boulderhotsprings.com to view & **request a B&B room on this registration form.**

Make checks payable to: Back to Bliss Yoga & send check with this registration to: Back to Bliss Yoga, Box 3266, Missoula, MT 59806-3266

A \$25 deposit will hold your space. The complete fee must be received by September 1st. To register, send completed registration form with a \$25.00 deposit or complete payment. Cancellation policy: \$25 deposit is non-refundable. Any cancellation made prior to September 1st will be refunded except for deposit. No refunds will be made on any cancellations made after September 1st.

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 smoking & alcohol free environment. You will receive a confirmation letter & details on the retreat upon full registration.

Jennifer Brooke is certified as a yoga teacher/therapist with Integrative Yoga Therapy and is also a Physical Therapist specializing in spinal problems. Jen teaches an integrated blend of hatha yoga focusing on alignment, breath, self-discovery, and fun.



Harriet Alterowitz is a certified yoga teacher/therapist with Integrative Yoga Therapy and has many years of teaching movement, dance, and yoga to both individuals and groups. She specializes in guiding students toward a more peaceful and heart-felt yoga practice.

For more information call Jennifer Brooke @ 406.721.3905 email: jbrookemt@aol.com
or Harriet Alterowitz @ 406.370.6464 email: hattiyoga@gmail.com

Visit our website at www.backtobliss.com