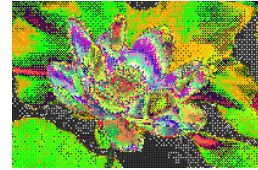
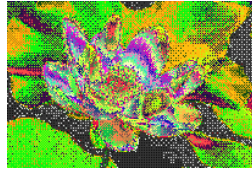
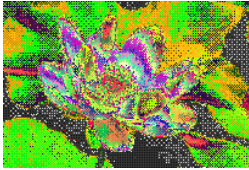


# Back to Bliss Yoga

## Fall Retreat The 8 Limbs of Yoga...Deepening Your Practice October 22-24, 2010

*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. All yoginis, yogis & 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 for **early morning 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**.
- Sunday: Rise early for **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 22-24, 2010

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 1<sup>st</sup>: Per Person. Add \$25 to each price after  
September 1<sup>st</sup>.

\_\_\_\_\_ \$270 Double Occupancy Guest Room  
\_\_\_\_\_ \$295 Double Occupancy Bed & Breakfast Room  
\_\_\_\_\_ \$310 Single Occupancy Guest Room  
\_\_\_\_\_ \$355 Single Occupancy Bed & Breakfast Room  
\_\_\_\_\_ Amount enclosed (\$30 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 down the hall or half bath. Bed &  
Breakfast Rooms are limited & will be filled by first registered. View the website:  
[www.boulderhotsprings.com](http://www.boulderhotsprings.com) to view.

Make checks payable to: Back to Bliss Yoga & send registration to: Harriet Alterowitz/  
Back to Bliss Yoga, 113 McLeod,, Missoula, MT 59801 or return to Jen or Harriet.

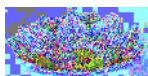
---

A \$30 deposit will hold your space. The complete fee must be received by October 1<sup>st</sup>. To  
register, send completed registration form with a \$30.00 deposit or complete payment.  
Cancellation policy: \$30 deposit is non-refundable. Any cancellation made prior to  
October 1<sup>st</sup> will be refunded except for deposit. No refunds will be made on any  
cancellations made after October 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](mailto:jbrookemt@aol.com)  
or Harriet Alterowitz @ 406.370.6464 email: [hattieyoga@gmail.com](mailto:hattieyoga@gmail.com)  
Visit our website at [www.backtobliss.com](http://www.backtobliss.com)