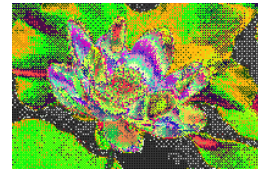
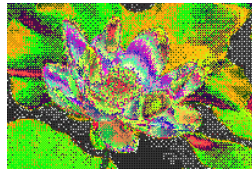
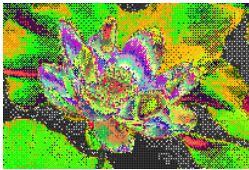


# *Back To Bliss Yoga*

Spring Women's Yoga Retreat  
April 15-17, 2011

## **A Celebration of the Feminine!**

*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. 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 a fun Sunday lunch. The retreat will end around 1:30 or 2:00 pm.

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 Spring Women's Retreat, April 15-17, 2011

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 March 21st: Per Person. Add \$30 to each price after  
March 21<sup>st</sup>.

\_\_\_\_\_ \$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)

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.  
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.

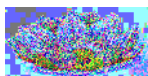
Make checks payable to: Back to Bliss Yoga & send this registration to: Harriet  
Alterowitz/ Back to Bliss Yoga, 113 Mcleod Av, Missoula, MT 59801.

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A \$30 deposit will hold your space. The complete fee must be received by March 21<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 March  
21<sup>st</sup> will be refunded except for deposit. No refunds will be made on any cancellations  
made after March 21<sup>st</sup>, unless we fill your spot with our wait list.  
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.

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: [hattiyoga@gmail.com](mailto:hattiyoga@gmail.com)