

Back To Bliss Yoga

Autumn Women's Yoga Retreat
November 6th-8th, 2009

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 through the chakra system.**
- 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 – a special circle.
- Sunday: We will continue with **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)

Back to Bliss Yoga Autumn Women's Retreat: November 6-8, 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 October 5th
_____ \$265

After October 5th
_____ \$290

_____ Amount enclosed: \$25 or full fee.

Make checks payable to: Back to Bliss Yoga & Send 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 October 5th.
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
October 5th will be refunded except for deposit. No refunds will be made on any
cancellations made after October 5th.

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.

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
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Visit our website at www.backtobliss.com