

# **Come to a Fall Yoga Retreat at Boulder Hot Springs**

**October 18, 19, & 20, 2019**

With Judy Landecker and Charles Udell  
of Northern Lights Yoga



Come and enjoy four Yoga classes (open to all levels), two overnight stays at Boulder hot Springs, six great meals, soak in the hot spring, hike, and relax.

Thoughts from our students:

Rachel W writes - "Attending an Iyengar workshop at Boulder Hot Springs is an incredible opportunity to deepen your yoga practice and an excellent way to get to know the Northern Lights community. I highly recommend the workshop to both new and experienced yoga students."

From Jim M - "I can't think of anything better for body and mind than a yoga weekend at Boulder Hot Springs. I always look forward to it twice a year. Let's face it - you need this!"

Call Kerri at 406-225-4339 for registration or information.