

A Women's Yoga Retreat With Judy Landecker at Boulder Hot Springs January 5 & 6 2019

Come soak in healing water and steam baths, share healthy vegetarian meals with good company, and learn about how to honor your moon cycles.

Judy Landecker will teach restorative Yoga pose sequences designed especially for the moon cycles (including menstruation, peri-menopause and menopause, and others relating to women's hormonal systems).

The Retreat will include three Yoga classes, four meals, and an overnight, plus plenty of time to rest and soak.

This workshop is open to women of all ages and experience (or inexperience) in Yoga.

This is an especially good opportunity for teachers to learn some of the sequences taught by Geeta Iyengar in the Women's intensive in Pune, India.

Schedule

Saturday
9 am Check-in
10-12 Yoga Class
12:30 Lunch
4-6 Yoga Class
6:30 Dinner

Sunday
7 am Breakfast
10-12 Yoga Class
12:30 Lunch
11 am Checkout Time



Register in Three Easy Steps

Step 1 - Accommodations

Call Boulder Hot Springs at 406-225-4339 to reserve your room and meals for this workshop. You will pay Boulder directly for accommodations.

Step 2 - Workshop Fee:

Send a check in the amount of \$75.00 and payable to: Northern Lights Yoga, 2751 Grizzly Gulch Dr, Helena MT 59601-9667.

Step 3 - Props

Call Judy at 406-449-2205 to let her know what props you have and what props you will need.

Due to the cost of preparing for this workshop, no refunds of workshop fees will be given after December 22, 2016 unless the workshop has a waitlist and we can fill your space.

Any Questions, Call Judy at 406-449-2205

**NORTHERN LIGHTS YOGA
2751 GRIZZLY GULCH
HELENA MT 59601-9667**

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