



Spring on the North Shore

Iyengar Yoga Retreat

With Certified Instructor Jeanne Barkey
At Cobblestone Cabins in Tofte, Minnesota

Friday May 30-Sunday June 1, 2008

YOU ARE INVITED to a weekend of yoga, fresh breezes, and the reawakening process of nature in springtime, all on the beautiful North Shore of Lake Superior. Located in Tofte, Minnesota, Cobblestone Cabins is unique in having an equipped Iyengar yoga studio on site. You can stay in one of Cobblestone's simply furnished private cabins, all of which have full cooking facilities and full bath. The quiet natural setting is enhanced without TV or telephone.

As fits its name, Cobblestone beach is Superior's rocky shoreline, and there is a wood burning sauna on the lake. Great hiking, biking, bird watching abound in the area. The Superior Hiking Trail, Boundary Waters Canoe Area, and the Gitchi-Gami State Bike Trail are close at hand. A couple of restaurants are nearby to supplement home cooking in the cabin's full kitchen. Guests can use row boats, canoes, kayaks, grills, campfire rings, free firewood and a playground area. A self help recycling center ensures a lower environmental impact. Kathy and Jan Horak have operated Cobblestone Cabins for 34 years and welcome you to experience the friendly rustic atmosphere.

INSTRUCTOR JEANNE BARKEY will lead classes on Friday evening, Saturday morning, Saturday evening, and Sunday morning. The North Shore is beloved by Jeanne and for the past 12 years she has led Fall women's retreats in Grand Marais. In 2005 a wonderful new tradition began in the spring at Cobblestone. Jeanne has been teaching since 1989, and has studied nine times with the Iyengar family in Pune, India since 1996. She teaches classes in Minneapolis and St. Paul, and is certified at the Intermediate Junior II Level.

The yoga classes are open to students with a minimum of six months of experience in Iyengar Yoga.

Plan to arrive Friday afternoon. The first class will start in the late afternoon. There will be a Saturday morning and evening classes, with a potluck supper Saturday evening. The yoga program will conclude around noon on Sunday. Further details on class times will be provided to participants.

FEES & REGISTRATION: Space is limited to 16. Early registration fees apply before May 1st. Register by 5/1: \$95. After 5/1 (if space is available): \$110.

LODGING: Several cabins at Cobblestone are available for participants, and family members and friends not taking the yoga classes are welcome. Contact Cobblestone directly 218-663-7957 to reserve your cabin and every effort will be made to accommodate those wishing to stay on site. Cobblestone will have a special rate for those arriving solo who prefer to share rather than reserve a private cabin. Students local to the area and/or staying elsewhere are welcome!

CANCELLATION & REFUND REQUESTS: Refund for cancellation by May 1 subject to a \$30 administrative fee. After May 1, no refunds at all unless the space is filled from a waiting list (\$50 administrative fee deducted). Fees paid for the retreat may not be applied to other classes.

QUESTIONS? Contact Jeanne at 612-824-5211 or jbyoga@bitstream.net Web site address is: www.yoga-mn.com.

HOW TO REGISTER: Send the registration form along with your registration fee by May 1 to receive the lower rate. Space is limited, so early registration is recommended.

Return Registration to: Jeanne Barkey, P.O. Box 7327, Mpls, MN 55407.

NAME:

PHONE:

EMAIL:

Fee included: ___\$95. After 5/10 (if space available): ___\$110 (please review cancellation & refund policies before registering)

___ Let me know after May 1 if there are any single class slots.

___ I will NOT be staying at Cobblestone.

___ I want to reserve cabin space at Cobblestone, to share with—please give name(s) if any & other considerations: