



Women's Iyengar Yoga Retreat 2008

in lovely **Grand Marais**, Minnesota, with Instructor Jeanne Barkey

Friday September 26-Sunday September 28, 2008

An affordable weekend of yoga classes near amazing Lake Superior, forests & birds, delicious vegetarian food, and good company. Enjoy a retreat-type environment, with options to share meals, play games, walk and hike, hang out on the beach and take quiet time.

The classes are set in the charming town of Grand Marais. You are welcome to stay with other participants at a cabin on a stunning rocky point on Lake Superior (as guests of student Donna Anderson), twenty minutes north of Grand Marais. You are also welcome to arrange for your own lodging and meals. The Saturday evening we will share a catered dinner and possible beach bonfire, star gazing and appreciation of nocturnal critters. This retreat has been popular over the years...register early to reserve your place!

SCHEDULE:

Friday September 26	4-6:30 Afternoon Class, followed by potluck dinner
Saturday September 27	4-6:30 Afternoon class (no morning class) Catered dinner at the Andersons
Sunday September 28	9:30-12 Morning class

OPEN TO: Students with a minimum of one year experience in Iyengar Yoga. Questions about specific health conditions should be directed to Jeanne.

INSTRUCTOR: Jeanne Barkey began her study of Iyengar yoga in 1985 and began teaching in 1989. Since 1996 she has traveled to Pune, India annually for direct study with Yogacharya BKS Iyengar, Geeta Iyengar, and Prashant Iyengar at their Institute. She is Iyengar certified at Intermediate Jr. II.

LODGING: Join the group staying at the Anderson's family land (20 minutes drive northeast of Grand Marais). Bed space is available on a first come first served basis. Limited floor space and plenty of camping space is also available. A small donation of \$10/night per person goes to the Andersons for maintenance of the land and buildings. Various motel, cabin, and lodge options are also located in the area. This is a popular time of year for weekend visits to the area so book any lodging early!

MEALS: Join us for a potluck dinner on Friday night after the class, this will be organized among participants. Saturday evening will feature a presentation and catered dinner at the Andersons. You are on your own for other meals. (The Anderson's cabin has a full kitchen).

FEES & REGISTRATION: Space is limited to 16. Classes will be progressive and registration for the entire weekend is highly recommended. Priority will be given to those registering for the full course. Early registration fees apply before September 5.

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CANCELLATION & REFUND REQUESTS: Refund for cancellation by September 5 subject to a \$30 administrative fee. After September 5, no refunds at all unless the space is filled (\$30 administrative fee deducted). Fees paid for the retreat may not be applied to other classes.

REGISTER by 9/5: Friday-Sunday \$95 including Saturday evening dinner
Friday-Sunday \$85 without Sat. evening dinner
Single class \$32.

After 9/5: Fri-Sun \$105 with Sat. dinner, \$95 without Sat. dinner.
(if space is available) Single class \$36.

HOW TO REGISTER: Send the registration form along with your registration fee by 9/5 to receive the lower rate. Space is limited, so early registration is recommended.

QUESTIONS? Contact Jeanne at 612-824-5211 or jbyoga@bitstream.net

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

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Please fill in completely and legibly!!

NAME:

ADDRESS:

PHONE:

EMAIL:

LIST ANY HEALTH CONDITIONS if you are not Jeanne's regular student:

TOTAL Fee included: \$ _____

(please review cancellation and refund policies before registering)

___ \$95 full weekend (with dinner), by 9/5.

___ \$85 weekend by 9/5, without Sat. dinner

___ \$105 full weekend after 9/5, if space available.

___ \$95 weekend without Sat. dinner after 9/5, if space available.

OR

Specify single classes requested (pending available space):

Fee: by 9/5, \$32 for ___ Friday ___ Sat. and/or ___ Sun. Total amount included \$ _____

after 9/5, \$36 for ___ Friday ___ Sat. and/or ___ Sun. Total amount included \$ _____

___ Save me a space at the Andersons!

note: Bed space will be allocated by date order of registration.

___ I will arrange my own lodging