



# Women's Iyengar Yoga Retreat 2011

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

## Friday Sept 30-Sunday Oct 2

An affordable weekend of yoga classes near amazing Lake Superior, forests & birds, with 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. Or you can arrange your own lodging and meals. We will share a catered dinner on Saturday evening and possibly a beach bonfire, stargazing and appreciation of nocturnal critters. This retreat has been popular over the years...**REGISTER EARLY TO RESERVE YOUR PLACE!**

**SCHEDULE**    **Friday Sept 30**    **5-7 PM Class**, followed by **potluck dinner** in Grand Marais

**Saturday Oct 1**    **10-12 Noon Class**

**7 p.m. Philosophy Discussion with Q & A, Plus Catered Dinner**

**Sunday Oct 2**    **9:30-11:30 a.m.**

**OPEN TO:** Students with a minimum of one year experience in Iyengar Yoga. Contact Jeanne prior to registration if you are not a current student.

**INSTRUCTOR:** Jeanne Barkey began her study of Iyengar yoga in 1985 and began teaching in 1989. Since 1996 she has traveled to Pune, India often for direct study with Yogacharya BKS Iyengar, Geeta Iyengar, and Prashant Iyengar at their Institute. She has an Iyengar teaching certification level of 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. Please bring something to share. This will be organized among participants. Saturday evening will feature a philosophy talk with Q & A, plus a 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. Early registration fees apply before September 15th. Local North Shore students, please inquire about single classes if you are interested. Contact Jeanne prior to registration if you are not a current student attending classes regularly.

**CANCELLATION & REFUND REQUESTS:** Refund for cancellation by September 15th subject to a \$30 administrative fee. After September 15<sup>th</sup>, no refunds at all unless the space is filled (\$30 administrative fee deducted).

**REGISTER by 9/15:**    \$110 includes Saturday evening dinner

**After 9/15:**            \$125 (if space is available) includes Saturday evening dinner

**HOW TO REGISTER:** Space is limited, so early registration is recommended. Send your registration fee by 9/15/11 to receive the lower rate. Include your name, address, email address, phone number, and health conditions (if you are not Jeanne's regular student). Please indicate if you wish to stay at the Andersons.

**QUESTIONS?** Contact Jeanne at 612-824-5211 or [jbyoga@bitstream.net](mailto:jbyoga@bitstream.net).