

September  
2015  
11th-13th

## Fall Yoga Retreat

### Soldier Mountain Ranch, Idaho

Enjoy a restorative yoga weekend in the beautiful soldier mountains of Idaho, about 2.5 hours southeast of Boise. You are invited to let go of the busy-ness of your everyday life and immerse yourself in expertly guided yoga practices and experience deep stillness and renewal.

Scheduled sessions will include asana (postures), restorative yoga, pranayama (breathing techniques), mudra (gestures), and Integrative Restoration (iRest®) - Yoga Nidra meditation,. We will spend time in this harmonious space relaxing outdoors, walking, exploring nature, and experiencing social silence as a group.

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This retreat is appropriate for all levels of yoga practitioners, including those with no prior experience.

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Cost ~ 2 nights all inclusive  
Vegetarian meals provided  
\$375 shared room  
\$450 single room  
\$750 couples rate

\*Rates increase by \$50 after 6/27



*Jeanne Dillion, E-RYT 500*

*Certified Yoga Therapist and  
iRest® - Yoga Nidra Teacher,  
will be leading the retreat. She  
is the Director of Yoga for  
Wellness, LLC and has been  
practicing yoga since 1990 and  
teaching since 1997.*

CEUs ~ This retreat provides 13 contact hours for yoga teachers registered with the Yoga Alliance.

Sept 11-13, 2015

Fall Yoga Retreat ~ Soldier Mountain

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

\*Email: \_\_\_\_\_

Day & Evening Phone: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Signature: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_



Send registration and check payable to:

Yoga for Wellness, LLC

1175 E. Parkcenter Blvd, #102

Boise, ID 83706

[www.yogaforwellnesspro.com](http://www.yogaforwellnesspro.com)

For more information:

(208)344-5440

[adajess@gmail.com](mailto:adajess@gmail.com)

Cancellation Policy: Cancellations by July 12 will receive a refund less a \$50 processing fee. Cancellations between July 12 and August 12 will receive a refund less a \$100 processing fee. No refund can be made within 30 days of the retreat unless your place can be filled from a waiting list.

\*Confirmation, directions and a packing list will be sent via e-mail once your registration has been received.