



Boulder Hot Springs

BHS Yoga Retreat

Winter Release ~ Refill Your Well

March 9 to 11, 2018

\$319 for single occupancy or \$276 per person for double occupancy

\$20 additional per night for B&B Rooms

(All room prices include classes, meals, room, lodging tax & soaking)

Come revive and rejuvenate with a weekend of gentle yoga, relaxation, good food, self-care and well-being.

The weekend will be led by Kelly Baraby and Kim Schleicher of Helena Community Yoga.

This workshop is open to all levels.

*Also, enjoy delicious, healthy meals & have time to soak in the geothermal waters, rest, hike, read or just relax your weekend away!
Massage is available for an additional cost.*

The retreat will begin with registration from 5 pm on Friday, March 9, 2018, followed by a dinner at 6:30 pm and an opening circle and meditation begins at 7:30 pm. The retreat goes through lunch on Sunday. The weekend schedule will be available at registration.

Call (406) 225-4339 for reservations or more information



Boulder Hot Springs is a smoke & alcohol free environment.

Directions - I-15 between Butte and Helena, 3 miles south of Boulder on Hwy. 69

www.boulderhotsprings.com

Fax (406) 225-4345