



Hello and Happy Spring to Everyone!!!

There are a lot of exciting things happening here at Boulder Hot Springs. We remodeled the bathroom of our Celebration Suite (Room 211) and we are also doing some electrical and ceiling repair work in the old dining room and west wing lobby. In addition, we have different groups holding retreats and workshops here this spring. (Please see page 3 for a list of group events).

Many people ask us when we will be bringing our Sunday buffets back. At this point we are not ready to start them on a regular basis, and we do have some special occasion buffets coming up on Easter, Mother's Day and Father's Day. ( Please see page 2 for more details). We hope you can join us in celebrating these special occasions with our delicious gourmet food and a relaxing soak & swim before and/or afterwards. We do ask that you make reservations for these buffets if you are planning to come to any of them.

I want to apologize for any confusion around our family indoor co-ed soaking time. We started off having this available on Friday, Saturday & Sunday evenings. This seemed to be to much time for the men's plunge area to be open for men and women (swimsuits required of course!) We have since decided to offer the indoor co-ed soaking on Sunday evenings only. With our summer hours (April 1st thru Oct 31) the co-ed soaking will be from 5 - 9 PM on Sundays. (Please note our summer hours on page 4).

We hope to see all of you sometime this Spring. Take care and best wishes. Health and happiness to all,

# CROSSING THE THRESHOLD - MAY 31 THRU JUNE 3, 2007

Transitioning into an Authentic Way of Being with Deborah Milton PHD and Patrick Marsolek

Join us in an intentional exploration of personal consciousness and rich experience of building energy in community on the sacred landscape of Boulder Hot Springs in Central Montana. You will learn ways of altering consciousness and expanding awareness with trance techniques, mask making, dream incubation, communing with the land and experiencing Ecstatic Body Postures. To help us embody spiritual wisdom and remember our authentic nature, we will collaborate in developing and acting out a mythic story of initiation as shown to us through our collective trance experiences.

\*Create clear intention for personal and group transformation \* Deepen your own sense of personal safety, integrity and empowerment \* Practice entering and exiting meaningful, altered states of consciousness \* Free yourself from old masks which hide your true nature \* Develop a comfortable, creative connection to your own, hidden potentials \* Initiate yourself into a new, more authentic way of being.

For more information please call Patrick @ 406-443-3429 or to register on line @ [www.irfs.com/Crossing2007.html](http://www.irfs.com/Crossing2007.html)

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## SPECIAL OCCASION BUFFETS

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EASTER BUFFET: Sunday April 8: Traditional Ham Buffet (locally raised and organic ham).

\$20 Adults \*\* \$17 Seniors \*\* \$9 Children (5-12)

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MOTHER'S DAY BUFFET: Sunday May 13: Gourmet Cornish Game Hen Buffet

\$20 Adults \*\* \$17 Seniors \*\* \$9 Children (5-12)

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FATHER'S DAY BUFFET: Sunday June 17: Prime Rib Buffet

\$22 Adults \*\* \$18 Seniors \*\* \$10 Children (5-12)

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## *Yoga Retreat Weekend*

*at Boulder Hot Springs*

*Led by Judy Landecker Of Northern Lights Yoga*

*April 20 - 22, 2007*

*Includes:*

*\* Overnight stay (Fri & Sat)*

*\* Meals (Friday Dinner to Sunday Lunch)*

*\* Four sessions*

*\* Pool use.*

*COST: \$262—\$337.00*

*PLEASE CALL BOULDER HOT SPRINGS @ 406-225-4339 TO REGISTER*

*AND FOR MORE INFORMATION.*

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# THE ARTS AT BOULDER HOT SPRINGS

## Art Display with Nan Parsons

Art Display May - June 2007 \*\* Artist Reception May 13, noon till 2PM

Artist Statement: I'm looking out the window at the Circle "K" Convenience Store across the street. Three blocks away the monstrous, dazzling ocean is teeming with life and light - calling to me. Thundering.

And here I sit struggling with words. Trying to make a "statement". What do you want to know? Why I make art? How I make art? What does it all mean?

I paint because I am compelled by some force way beyond understanding. I can't help myself. How I do it is by dipping the brush on the paint and starting. The rest is the unfolding and I just follow it.

As for what it all means. The meaning for me is in the moment. The meaning is in the oil, the goo on the tube, the grunge in the paint box. It is in the wind and the light on the boiling surf. The meaning is in the motion, the everchanging rhythm, the steady pulse.

So I'm off to the beach to see what this day has in store. Hope all is well with you, where ever you are.

Nan Parsons

## ART SHOW WITH JULIA M. BECKER "UNDER WATER/INSIDE SKY"

DATES OF SHOW: JULY THROUGH AUGUST 2007

ARTIST RECEPTION: SUNDAY, JULY 15, - NOON TILL 2 PM

Boulder Hot Springs has been a place of respite and retreat for me for over 17 years. I come here to remember, I come here to forget. I come here to sink into float and merge with water and sky. The light, reflecting and shadowing, illuminating and penetrating, breathes through. The air embraces and refills. The pulse is steady, even, graceful. The warm of wood, creak of brass, sheer curtains on windows, children laughing, shadows dancing, water seeping through and through. Dreams and sleep come ready and complete happiness. I can watch the water forever; it is forever. My soul yearns to soak this place in, and out. Thank you BHS, and Barb, Kerri and all the wonderful people who create, maintain and share this place. Julia M. Becker, March 5, 2007

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Deep Peace Renewal Retreat led by Joyce Hocker, PHD Clinical Psychology and Diane Booth Gilliam, MA, Certified Yoga teacher/therapist.

The theme of Deep Peace will include sessions on the elements of air, fire, earth and water in our personal lives. Group reflection sessions and yoga/meditation sessions will expand the theme to provide time to take a long, loving look at our lives. We will experience inspiring music, poetry, prose and personal writing blended with relaxing yoga and meditation sessions, punctuated by soaks in the beautiful indoor and outdoor natural springs.

For more information call Joyce Hocker at 406-721-8220

## UPCOMING GROUPS & EVENTS

April 20 -22: Yoga Retreat weekend with Judy Landecker of Northern Lights Yoga. Open to all levels. Call Boulder Hot Springs @ 406-225-4339 for for registration and more information.

May 2 - 3: Wetlands Strategic Planning meeting

May 5: Acupunturist Meeting

May 3 - 6: Deep Peace Renewal Retreat. Contact Joyce Hocker @ 406-721-8220 (See info below & to the left)

May 11 - 13: Rising Hope Retreat.

May 31 - June 3: Crossing The Threshold. Workshop led by Patrick Maroslek (See page 2)

June 23 - 29: WSA Intensive: *The purpose of an Intensive is to provide an experience in the Living in Process® approach and community while confronting the addictive process. This work is not therapy, nor is it based on the scientific model out of which therapy comes. It is an alternative. Intensives are a door into a new paradigm. Living in Process® work was developed by Anne Wilson Schaefer. People who are in the Training with her are now facilitating Intensives here and throughout the country. For more information call (406) 225-9171.*

June 29 - July 20: WSA Training and International Gathering.

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### GIFT IDEAS

Looking for that special gift? Treat someone to a gift certificate for an overnight stay in one of our lovely B&B rooms or guest rooms. Certificates are also available for massages and pool use. Call us to order over the phone.

**\*\*\*\*Special Events at Boulder Hot Springs\*\*\***

**April 8: Easter Buffet (noon till 3 PM) Page 2**

**April 20 - 22: Yoga Retreat weekend (Page 2)**

**May 13: Mother's Day Buffet (noon till 3 PM) Page 2**

**May 13: Artist reception for Nan Parsons (noon till 2 PM) Page 3**

**June 17: Father's Day Buffet (noon till 3 PM) Page 2**

*Relax, Revive and Rejuvenate in the geothermal waters of Peace Valley!*

PO Box 930 ❖ Boulder MT 59632 ❖ (406) 225-4339

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**OUR POOL AND PLUNGE HOURS**

**Starting April 1, we will be going to our summer pool hours from 10 AM to 9 PM daily.**

Also rates for our overnight accommodations will also go to our summer rates starting April 1.

Family Indoor Co-Ed soaking 5 - 9 PM Sundays

**Pool Prices**

\$7 Adults      \$5 Seniors 60+  
\$4 Children 3-12

**Boulder Hot Springs Mission Statement**

*To be present here, to offer protection and healing to individuals, communities, these sacred waters, this land and this building for present and future generations and all our relations so that the possibility of healing, recovery, community and connection with the creator and all creation is here.*