



# Boulder Hot Springs

July 2010

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Hello, and greetings from Boulder Hot Springs! Early summer is such a beautiful time here at the Hot Springs. A few weeks ago, there were countless wild iris and shooting stars in the front pasture, and our lilac bushes were in full bloom, their fragrance permeated the air. Now the hills and meadows are a vibrant green and the columbines are in bloom in the front of the building and in our courtyard. In addition, and the bird music is amazing with redwing blackbirds, meadowlarks and other birds singing away. We have a family of Canada geese living in our front pond and it's been fun to watch the 5 baby geese as they grow up. We are so blessed here with an abundance of wildlife such as Sandhill cranes, deer, coyotes, bear, elk and other animals on our wetlands, on other parts of our land, and in the neighboring Deerlodge National Forest. Lately, it has been raining off and on so we have also been getting some magnificent rainbows, sometimes even double rainbows. What a delightful time of year!

This year Anne Wilson Schaefer and the other owners of Boulder Hot Springs are celebrating 20 years of caring for and being of service to this place. I certainly am touched and inspired by how the owners bought the building (which was close to being demolished) with a vision to fix the place up and make it available for people to come here for healing and rejuvenation. Thank you, Anne and all of the other owners!

In addition, we are also celebrating a 100 year anniversary of the East Wing of the building and of the building as it is today. In 1910 Boulder Hot Springs went through a major renovation where it became a California Mission Style building.

We are still saddened about the theft of the light fixtures from the old dining room and lobby last summer. Many Montanans saw this burglary as an assault upon all Montana since the fixtures were such a part of the history of this building and of this wonderful state.

This summer promises to be a busy time here at the Hot Springs with guests coming from many different countries. We want to invite everyone to an International concert which will take place on Wednesday, August 11, 2010 at 7 pm at Jefferson High School in Boulder. This event features many talented singers and musicians from all over the world. Hope you can join us for the concert and that you will make the Hot Springs a part of your summer plans. Wishing everyone has a healthy and happy summer.

All the best,

Kerri Kumasaka  
General Manager

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## *Living Sacred Retreat*

A Journey to Health, Healing and Personal Transformation

September 3 – 6, 2010

Facilitated by Chris Bunting and Carey Stokes

The “Living Sacred” Retreat will provide you with many gifts, one being the gift of living beyond division and separation.

Utilizing Andean shamanic cleansing practices, meditation techniques, and ceremonies, we will tap into our inner divinity and further enhance our connection to self and the beautiful earth mother.

All of these ceremonies are simple and magical and they help us weave a deep connection between the earth and the celestial realms.

To register and for more information, contact Carey Stokes at 954-907-3006.

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## *Yoga Retreat Weekend At Boulder Hot Springs*

Led by Judy Landecker Of

Northern Light Yoga

*Sept 10 - 12, 2010*

*\$298 Single Occupancy \*\* \$266 Double Occupancy*

*Price includes:*

*Overnight stay (Fri & Sat Nights)*

*Six (6) Meals*

*Four Yoga Sessions*

*Pool Use*



*PLEASE CALL @ 406-225-4339 to register and more information*

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**REMINDER:** Our summer pool hours from April 1st through Oct 31 are 10 AM to 9 PM daily. Our winter pool hours starting Nov 1st and running through March 31 are 12 noon to 8 PM daily.

# THE ARTS AT BOULDER HOT SPRINGS

**Photo Display By Roberta Zenker**

**July and August 2010**

**Artist reception July 18 from noon - 2 pm**

**Roberta has a BA degree in photography and fine arts and is working as an attorney. Her photo work features close ups of flowers which started in her garden she had started from seeds.**

**Roberta lives in Helena and enjoys music, wood-working and always photography.**

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**Photo display by Lee Ann Petroff**

**July and August 2010**

**Lee Ann is an employee at Boulder Hot Springs and has always enjoyed taking pictures for fun through her travels around the country.**

**Lee Ann has lived in Boulder Valley for 4 years after living in South Florida for 26 years. She enjoys camping, hiking, watching sports, and spending time with her husband (Howie), "our everything dog" (Gus), daughter (Stacey), and son-in-law (Mike).**

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**Art Display by Cindy Rose**

**September/October**

**Artist Reception Sept 19, 12 - 2 pm**

**Cindy currently has an art studio in Helena and with her influence of overseas travel, her art has a variety of subject matter. Her paintings are as unique as she can make them and stay in the realism that she has choice to paint in.**

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## UPCOMING

### GROUPS & EVENTS

7-16 thru 7-19: Bones for Life:  
Contact Kyle Forman @ 406-652-4955

7-24 thru 7-30: Living In Process/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, not 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 here are now facilitating Intensives here and throughout the country. For more information please call 406-225-9171.

7-31 thru 8-6: Living in Process-Training

8-7 thru 8-13: International Gathering

8-14 thru 8-20: Living in Process

9-3 thru 9-6: Living Sacred Retreat: Contact person: Carey Stokes @ 954-907-3006

9-10 thru 9-12: BHS Yoga with Judy Landecker. Call 406-225-4339 to register or for information.

9-17 thru 9-19: Celebrating Women. Contact Shaun Phoenix @ 406-580-0562

9-25 thru 9-26: Naturopaths. Contact Gail Brockbank @ 406-442-4141

10-5 thru 10-6: Claire Miller Reflexology Workshop. 406-967-9015

10-13 thru 10-14: Montana Art Educators. Mary Schneider @ 406-268-6325

10-15 thru 10-17: Art Therapy. Melody Rice @ 406-723-5169

10-22 thru 10-24: Back to Bliss Yoga - Contact Jennifer Brooke @ 406-721-3905

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

**Photo display by Roberta Zenker & Lee Ann Petroff (page 3)**

**Art display by Cindy Rose (page 3)**

**Yoga Retreat with Judy Landecker (page 2)**

**Living Sacred Retreat (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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HELENA, MT  
PERMIT NO. 243

**OUR POOL AND PLUNGE HOURS**

**Our summer hours from April 1 thru October 31  
are 10 AM to 9 PM daily.**

**Our winter pools hours are from November 1  
thru March 31 from noon to 8pm daily**

Family Indoor Co-Ed soaking

4 - 8 PM Sunday/Wednesday (Nov - March)

5 - 9 PM Sunday/Wednesday (April - Oct)

**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 crea-*