

**Feathered Pipe Ranch,
Helena, Montana**

Opening to Joy: Living in Awe of Nature

September 2-9, 2023

A Yoga Retreat With Prairie Yoga

Teachers: Lori Gaspar,
Tricia Fiske, Alison Larkin, Lynda Carr,
and Reeny Linstrom

Program Tuition & Basic

Accommodations: \$2295

EARLY BIRD \$2245 - Save \$50
if register by February 1, 2023.

***"Attention is the beginning of
devotion."***~ Mary Oliver

The combination of yoga, nature and community is a powerful way to restore, recharge and relax. Join Lori Gaspar and the Prairie Yoga Teachers for a week-long yoga retreat re-discovering the joy within us and connecting to the wonder of nature. Through yoga practices, mindful movement, and immersions into the mountain landscape that surrounds us, we will cultivate:

- The Art of Paying Attention
- Opening the Heart-Mind to a Sense of Wonder
- Connecting Inward
- Flowing Outward
- Freedom to Play

The retreat offers two daily yoga practices; an active morning practice and restorative yoga in the late afternoon. Practices will include asana, natural movement, pranayama, meditation, and chanting. Whether you are an experienced beginner or a yoga teacher, modifications and variations will be offered so you can practice what feels best for you. Lots of yoga props are available at the ranch. Just bring your own mat.





Afternoons between lunch and class are wide open for you to do whatever you choose: hike, read, nap, swim, canoe, socialize, relax or indulge in a massage.

After dinner Saturday night, our Opening Circle offers a chance to meet everyone and get to know each other.

Mid-week, we take a break from yoga classes to go on an optional offsite day-long excursion. Options include: boat tour on the Missouri River, hikes into the Helena National Forest, and tours of Helena, Montana's state capital.

Friday night, we wrap up the week with our amateur hour talent show - music, dancing, magic, jokes, poems, or anything of humor and entertainment is welcome. Whether talent is showcased in groups with new friends or solo, we guarantee laughs and appreciation to all who present.

Extend your trip! Spend some time exploring the great West's National Park treasures either before or after your retreat. Glacier National Park is a glorious and scenic 3.5-hour drive northwest of Feathered Pipe, while Yellowstone is just a 4.5 hour drive southeast of the Ranch through some of the prettiest Western territory you'll ever see.



What is Included

- 2 all-levels yoga classes a day for 5 days
- 7 night accommodations
- A daily delicious breakfast, lunch and dinner (vegetarian, vegan, gluten-free available when requested)
- Helena Airport Transfers upon arrival and departure*
- Full access to the extensive Feathered Pipe grounds, including spring-fed lake, hot tub and sauna
- Yoga props. Just bring your own mat.

Not included

- Airfare
- Body work and Massage available for extra fee
- Optional excursion on Wednesday
- Staff gratuities
- Laundry

**Shuttle service from/to Helena Regional Airport on arrival/ departure day is complimentary (free) for all registered guests. Please note that if you are needing pick-up or drop-off on any other day, that is a \$35 one-way charge.*



SCHEDULE

Saturday

3:00 pm or later	Arrival
Before dinner	Ranch Tour/ Orientation
6:30 pm	Dinner
7:30 pm	Opening Circle

Sunday - Friday *except Wednesday**

8:00 am	Breakfast
9:30 - 11:30 am	Active Yoga Practice - All Levels
12:00 pm	Lunch
1:00 - 4:00 pm	Leisure Time
4:00 - 5:30 pm	Restorative Yoga Practice - All Levels
6:00 pm	Dinner

*Wednesday - opportunity for offsite adventure. No yoga classes.

Friday evening

7:30 pm	Closing Circle
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Saturday

8:00 am	Breakfast
9:00 am	Departure

ABOUT THE PRAIRIE YOGA TEACHERS



Lori Gaspar, BFA, MA, C-IAYT, 500 E-RYT, YACEP, is the Founder and Director of Prairie Yoga. Known as a "teacher of teachers", she developed the yoga teacher training curriculums that have trained over 700 yoga teachers in the Midwest. The creator of Yoga for Strength and Stability®, her teaching integrates natural movement into the yoga practice. Lori served on Yoga Alliance's Ethics and Standards Advisory committees and was named by Yoga Chicago as an outstanding woman leader in Chicago's yoga community. She has been featured in *Yoga International*, *Voyage Chicago*, *Mantra Yoga+Health*, *Yoga Chicago*, and *Yoga Teacher Magazine*. www.prairiefyoga.org

Tricia Fiske, 500 E-RYT, Level 3 ParaYoga Instructor, YACEP, is primary faculty for Prairie Yoga's Foundation and Advanced Teacher Training programs. A leader and major influencer in Chicago's yoga community, she has been studying with ParaYoga founder Rod Stryker since 2000. She recently co-authored the book *From Alignment to Enlightenment: Using Props to Achieve Stability and Ease in Yoga Poses*. Her teaching emphasizes the energetic qualities of yoga. www.triciafiske.com



Alison Larkin, 500 CYT, registered nurse, Certified Ayurveda Practitioner, teaches the principles of Ayurveda in Prairie Yoga's Teacher Training Programs. Her classes combine her breadth of knowledge in the healing arts adapting the practice of yoga to your individual composition and current condition. She has the gift of sharing Ayurveda's ancient wisdom in a fun and accessible way.



Reeny Linstrom BA, MFA, 500 E-RYT has been teaching yoga since 2001, and is a lifelong learner about yoga. For many years, she was primary faculty in Prairie Yoga's teacher training programs. More recently, Reeny became a certified Yoga for Strength and Stability® teacher and she enjoys incorporating a playful exploration of natural movement in her yoga teaching. In 2021, she completed two Yoga for Trauma trainings: Trauma Center's Trauma-Sensitive Yoga (TCTSY) 20 hour certification and Prajna Yoga's Yoga, Trauma and Healing with Tias Little. Yoga is a powerful healing force in her life!

Lynda Carr, BA, E-RYT 500, has practiced yoga since 1997 and has taught yoga since 2002. Lynda received both her 200-hour and 500-hour advanced yoga certifications through Prairie Yoga. Her lighthearted teaching approach combines an alignment-based practice with a mindful focus on exerting just the right amount of effort. Lynda has taught senior fitness classes for over 20 years, has years of experience practicing Tai Chi, and holds a fourth degree black belt in Seisan Ryu Karate.



FEES AND REGISTRATION

Prices listed are for cash or check made payable to *Prairie Yoga*.

If paying with credit card, add 3% transaction fee.

TO REGISTER: contact Tiffany at: prairieyoga@comcast.net

Basic Accommodations \$2295

EARLY BIRD \$2245 - Save \$50 if register by February 1, 2023.

Tuition fee includes: Basic shared occupancy in Main Lodge, Yurt, Sai Condo, Tipi OR single occupancy Regular Tent, plus delicious and nutritious meals and use of all amenities – our bathhouse, sauna, hot tub, as well as all the Feathered Pipe Ranch facilities and grounds. Feathered Pipe's basic accommodations are clean, comfortable and rustic. Outdoor lodging facilities share a bathhouse. Lodging upgrades are available.

Additional lodging upgrade fees (in addition to basic tuition fee):

Deluxe Wall Tent (single occupancy/shared bath in bathhouse) - add \$525

Yurt (single occupancy/shared bath in bathhouse) - add \$700

Chalet Room 2 & 3 (double occupancy/shared bath) - add \$380

Chalet Room 2 & 3 (single occupancy/shared bath) - add \$760

Chalet Room 1, 4, 5 & 6 (double occupancy/private bath) - add \$525

Chalet Room 1, 4, 5 & 6 (single occupancy/private bath) - add \$1050

Honeymoon Cabin(double occupancy/private bath) - add \$600

Lake Cabin (shared room/shared kitchen/private bath) - add \$650

Full description of accommodations options: [Click here](#)

Registration deposit required: A \$500 non-refundable deposit is required to secure your online registration. Your remaining tuition may be made in 2 payments. Your first 50% payment, along with 100% of any optional lodging upgrades, is due by February 1, 2023. Remaining final payment is due by June 1, 2023. For more information and/or questions, please contact Tiffany at: tiffanyprairie@comcast.net

Refunds: Requests must be made in writing via email to prairieyoga@comcast.net.

I understand that the \$500 deposit is *non-refundable for any reason*. Further:

- Should participant cancellation occur within 61 days of the event *for any reason*, I forfeit all fees (cancellations requested *on or after* July 3, 2023).
- Should participant cancellation occur 62 - 120 days of the event *for any reason*, 50% of the tuition will be refunded, less the \$500 deposit (cancellations requested *on or before* July 2, 2023).
- For refund requests more than 120 days in advance (cancellations requested *on or before* May 5, 2023), you will receive a refund of all fees paid, less the \$500 deposit. You may transfer your registration to another person.

If the workshop is forced to be cancelled due to pandemic, natural disaster, war, or other catastrophe deemed beyond Prairie Yoga's or Feathered Pipe Ranch's control, and is able to be rescheduled to a later date within 2 years, we will transfer your registration and deposits/ payments made to the rescheduled program. Registration and/or deposits/payments are transferable to another person, BUT NO REFUNDS WILL BE GIVEN.

If the workshop is forced to be cancelled due to pandemic, natural disaster, war, or other catastrophe deemed beyond Prairie Yoga's or Feathered Pipe Ranch's control, and we are unable to reschedule a program within 2 years, then any payments beyond the first \$500 deposit will be refunded. The first deposit will be used to compensate all administrative, promotional and other costs incurred.

For event cancellation for any reason, Prairie Yoga and Feathered Pipe Foundation WILL NOT be held responsible for refund of airline tickets, ticket change fees or other travel expenses.

We strongly suggest you purchase travel insurance.

Shuttle service: Shuttle service from/to Helena Regional Airport on arrival/departure day is complimentary (free) for all registered guests. Please note that if you are needing pick-up or drop-off on any other day, that is a \$35 one-way charge.

Arrival and departure: Please plan to arrive at the Feathered Pipe Ranch no later than 5pm on the arrival day (Saturday, September 2) so you can join us for a tour of the grounds before dinner at 6:30pm and our Opening Circle following dinner. Please arrange to leave the Ranch in the morning or early afternoon of departure day (Saturday, September 9). Checkout is at 9am, and guests are welcome to stay at The Ranch until their flight leaves that day.

For more information about the Feathered Pipe Ranch, visit their [FAQ page](#).