

# Iyengar Yoga Retreat on the North Shore With Chris Saudek At Cobblestone Cabins in Tofte, Minnesota June 12-17, 2017

## **About Cobblestone Cabins.**

Cobblestone Cabins has a lovely cobblestone beach, rocky lake shore and a wood burning sauna on the lake. The cabins are simple and comfortable, no internet access, no TV, complete with cooking facilities and outdoor fire pits. The resort is close to the Superior Hiking Trail and the bike trail is practically right out your door. An equipped yoga studio is on the grounds and a short walk from the cabins.

**Classes** are open to all regular students of The Yoga Place and others with at least one year experience in Iyengar yoga. Newer students may request to attend by contacting Chris Saudek in advance. Classes will be held morning and evening on most days (beginning with the evening of the 12<sup>th</sup> and ending the morning of the 17<sup>th</sup>). There may be days where the morning or evening class will be longer in place of two classes that day (in case of really nice weather and whole day outings would be possible). In case of rain, discussion and/or chanting sessions may be scheduled in addition to the classes.

**Registration:** \$315/\$365 after March 15, 2017 (if space is available) includes the yoga classes starting with the evening of June 12<sup>th</sup> and ending with the morning of June 17<sup>th</sup>. Mail to Chris Saudek, 1200 Selke Road, La Crescent, MN 55947. Questions? Call Chris at 608-385-8059 (after February 18<sup>th</sup>). **Space is limited to 18 participants** so register early!

**Lodging:** To be arranged by Cobblestone Cabins directly. Cabins are being held for our group until April 1, 2017 and are very reasonably priced. The earlier you reserve, the more choices you will have. Make your own cabin reservation directly with Kathy after February 5<sup>th</sup> by calling 218-663-7957 or emailing her at [horak@boreal.org](mailto:horak@boreal.org). All the information about the cabins is on the website [www.cobblestonecabins.biz](http://www.cobblestonecabins.biz). Every effort will be made to accommodate those wishing to stay on site. Many of the cabins sleep 4-8 people if you wish to team up with other students. Cobblestone also will give a special rate to those wishing to book for an entire week. They can also make suggestions of other close places to stay if they fill or you prefer other arrangements.

**Cancellation:** Refund for cancellation by April 1, 2017 is subject to a \$50 administrative fee. After April 1<sup>st</sup> there will be no refunds unless the space can be filled from a waiting list. Cancellations for the lodging is under separate cancellation policies which are on the website.

**Questions:** Call Chris at 608-385-8059 or email her at [chris@yogalacrosse.com](mailto:chris@yogalacrosse.com)

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Registration Fee \_\_\_\_\_

Please review cancellation and refund policies before registering. **Please include a short description of your Iyengar yoga experience.**