

Iyengar Yoga Retreat on the North Shore With Chris Saudek At Cobblestone Cabins in Tofte, Minnesota June 10-15, 2019

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 10th and ending the morning of the 15th). 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: \$330/\$360 after April 20th, 2019 (if space is available) includes the yoga classes starting with the evening of June 10th and ending with the morning of June 15th. Mail to June retreat c/o Chris Saudek, 1200 Selke Road, La Crescent, MN 55947. Questions? Call Chris at 608-385-8059. **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 15, 2019 and are very reasonably priced. The earlier you reserve, the more choices you will have. Make your own cabin reservation directly with Kathy by calling 218-663-7957 or emailing her at horak@boreal.org. Please register with Chris before making your cabin reservation. All the information about the cabins is on the website

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 May 1, 2019 is subject to a \$50 administrative fee. After May 1st there will be no refunds unless the space can be filled from a waiting list and the \$50 administrative fee still applies. 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

Name _____ Phone _____

Email _____ Registration Fee _____

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