

# 6th Annual Iyengar Yoga Retreat on the North Shore With Chris Saudek At Cobblestone Cabins in Tofte, Minnesota June 5-10, 2023

A wonderful opportunity to kick back and relax, do yoga twice daily, hike, sit around the campfire, be on the water, read, take saunas, and whatever else you want to do in a lovely setting with like-minded people. Cobblestone Cabins is a very welcoming place where all cabins have a gorgeous view of Lake Superior and there is a lovely 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. The area is full of great close places to hike or bike. A fully 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 5<sup>th</sup> and ending the morning of the 10<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:** \$340/\$375 after April 15th, 2023 (if space is available) includes the yoga classes starting with the evening of June 5<sup>th</sup> and ending with the morning of June 10<sup>th</sup>. 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, 2023 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](mailto: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](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 and refund policies are firm:** Refund for cancellation by May 1, 2023 is subject to a \$50 administrative fee. After May 1<sup>st</sup> 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.

**Registration form on reverse side. Please keep a copy of the information on this side!**

Name\_\_\_\_\_

Mailing address\_\_\_\_\_

\_\_\_\_\_

Phone\_\_\_\_\_

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

**Please review cancellation and refund policies before registering.**

**Please include a short description of your Iyengar yoga experience including with whom you regularly study, if you have a regular personal practice, whether you have any physical concerns or issues, if you normally practice Sirsasana and Sarvangasana and anything else you feel Chris should know about you.**

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

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