

# Iyengar Yoga Spring Weekend Retreat

with Mary Reilly



Date: March 26-28, 2010

Place: Country Club of Boyne  
Boyne Highlands  
Harbor Springs, MI

**A** weekend of Iyengar yoga classes, great food, wonderful accommodations, and the community of like-minded souls beckons. Could there be a better cure for the winter blues?

Four yoga asana classes, two pranayama classes (breath work), and a philosophy session will be offered. Free time to rest or take advantage of the trails is built into our schedule. At least six months experience in yoga is suggested, check the website for more details ([northwoodsyo.com](http://northwoodsyo.com)).

The retreat will take place in a small private setting within Boyne Highlands, the beautifully appointed golf and tennis clubhouse. We will have it to ourselves and all yoga classes and meals will take place there. Overnight lodging will be at the Heather Highlands, a hotel property of Boyne just 5 minutes away. The rooms offer two very comfortable queen beds and the luxury of a fine hotel. Those staying there will have access to the Heather Highlands indoor/outdoor heated pool. All participants will have access to the main lodge pool, steam room and sauna, minutes from the retreat setting.

Chef Edgar Jacobs has planned a delicious Indian-themed vegetarian menu and all meals from Friday's dinner through Sunday brunch are included. In addition, snow permitting, participants will be offered a discount on a trail pass on Boyne's groomed cross country trails or free snowshoeing.

## ABOUT MARY:

Mary has been teaching Iyengar yoga for 28 years and is director of North Woods Yoga in Petoskey, MI. Helping students discover yoga as a tool for self understanding is a guiding principle in Mary's teaching and her enthusiasm for yoga is evident. The Iyengar method offers clear concise instruction, helps students find stability in the poses, and thus frees the breath and calms the mind. Having studied numerous times in India since 1987, Mary is Iyengar certified at the senior level and is an assessor in the Iyengar National Association certification system. Mary will be recently returned from a month of yoga study at the Ramamani Iyengar Memorial Institute in Pune, India. She has been offering Iyengar yoga retreats in Northern Michigan for 18 years.

## REGISTRATION

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Retreat with double occupancy lodging \$369

Do you have a preferred roommate? \_\_\_\_\_

Retreat with single occupancy lodging \$525

Retreat with no lodging \$245

Directions and schedule will be mailed to participants prior to the retreat.

For questions regarding the venue/accommodations contact Wendie Waha at [wwaha@boyne.com](mailto:wwaha@boyne.com) or 231-526-3068. For other questions e-mail Mary at [msreilly@freeway.net](mailto:msreilly@freeway.net). Website is [www.northwoodsyo.com](http://www.northwoodsyo.com).

Fees include all taxes and tips.

**MAIL THIS FORM and check to: MARY REILLY 5586 FISHER ROAD, HARBOR SPRINGS, MI 49740**