

EUREKA MONTANA

Pranayama and Meditation YOGA Retreat

August 13 - 19, 2011 with JJ Gormley-Etchells, E-RYT 500



WHAT YOU CAN EXPECT

This retreat is at JJ's home in Eureka. Rooms have twin beds so participants will be in shared rooms with shared bath. There is an outdoor shower and hot-tub.

The yoga room accommodates eight participants. Please bring your yoga props with you..

Arrive on Saturday, August 13th to Kalispell airport (the airport code is FCA), please schedule your arrival by 4 p.m. Shuttle service from this airport is included in the cost. Please send flight to be scheduled for the shuttle. (Kalispell airport is 1.5 hours away.)

During this residential retreat, we will share in the cooking responsibilities, cleaning responsibilities as well as the grocery shopping and meal planning. Your fee includes groceries for all meals for mostly vegetarian, with some chicken and/or fish (no alcoholic beverages provided.) Journaling and plenty of relaxing down-time included as well as campfires (weather permitting.)

Departures should be scheduled for later in the day after 9a.m. on Friday the 19th to allow for the drive back to the airport.

RELAX & RESTORE

During the retreat, we'll have a morning yoga (*asana*) class to include breathing (*pranayama*) and meditation (*dharana*.)

We'll use our daily yoga class to keep the body limber and to relax and restore us after our outings such as hiking or kayaking.

Each day we will do yoga together, cook our meals together, and go on outings together (hiking, kayaking, etc.) All activities are optional.

EUREKA, MONTANA

Eureka is a unique community surrounded by many lakes and acres of State and Forest Service land. This lends itself to an abundance of outdoor activities such as fishing, kayaking, swimming, water skiing, and more.

Eureka is known for the mildest weather in the state, hence the moniker "Banana Belt" of Montana. The summer temperatures average in the eighties. On some clear nights you can see the spectacular Aurora Borealis,



REGISTRATION

Fee: \$1180, includes lodging, meals, and yoga. Fee does not include airfare. Traveler's insurance recommended. To register, please send \$200 check to reserve your space. (Space limited to eight participants.)

Surya Chandra Healing Yoga
144 Church St, NW
Vienna, VA 22180

JJ Gormley-Etchells, E-RYT-500

JJ has been a student of yoga since 1979, teaching yoga since 1989 and teaching teachers since 1994. She holds yoga certifications from different yoga traditions, and blends her teaching style from the many different traditions she has studied.

As a yoga teacher, she teaches yoga to all levels of practitioners, loves introducing yoga to beginners as well as teaching teachers to become better teachers. She leads classes, workshops, teacher trainings, retreats and yoga vacations around the world. As a yoga therapist, she helps her clients who may be dealing with physical, emotional and/or spiritual issues. She has helped folks with all kinds of issues: from something as simple as a back-ache to ailments involving MRIs, HIV, MS, Parkinson's, or undergoing cancer treatment, and more. She has been helping folks successfully with yoga's many tools (breathing, postures, concentration/meditation, etc.) since 1994.

JJ is known for her ease of style, sense of humor, ability to teach to many levels at one time. She holds tremendous knowledge of yoga's history, heritage, and philosophy and has a wonderful ability to pull this ancient knowledge in to today's world and the American culture.



JJ Gormley-Etchells, ERYT-500

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