

# Pandemic Relief: Cultivating Resilience & Deep Relaxation

March 25th-27th, 2022  
Boulder, Montana

WE ALL STRUGGLE WITH A MYRIAD OF STRESSES IN THESE TRYING TIMES. YOU ARE INVITED TO JOIN GRETCHEN LANGTON (TIPI ROCK YOGA AND MASSAGE) AND ANDREA BUCHANAN (CEDAR AND SAGE HERBALS AND YOGA) FOR A RETREAT TAILORED TO DEVELOP RESPITE AND DEEP CALM.

- Enjoy four, two hour yoga sessions designed to reduce stress, emotional and adrenal fatigue and anxiety.
- Enjoy two herbal workshops where you will be able to blend your own stress relieving remedies.
- Enjoy Boulder's healing waters including outdoor and indoor pools, cold plunge, and sauna.
- Enjoy an optional Tea and Meditation session on Saturday night.
- Enjoy six handmade, delicious and nourishing meals.

QUESTIONS? CONTACT ANDREA AT 544-2563 OR GRETCHEN AT 406-207-3738



# Registration Form

Name: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Circle the props you can bring: mat, blanket, 2 blocks, bolster, belt  
(We will supply props if you do not have them).

Roommate request: \_\_\_\_\_

Special Dietary needs: \_\_\_\_\_

Anything we need to know? \_\_\_\_\_

Rooms are limited and will be filled on a first registered basis.  
Bed & Breakfast rooms are more spacious and have a private half  
or full bath. Guest rooms have a shared bath in the hall.

Rates are per person (Check one):

\$350 Double Occupancy Guest room \_\_\_\_\_

\$400 Double Occupancy Bed & Breakfast room \_\_\_\_\_

\$400 Single Occupancy Guest room \_\_\_\_\_

\$450 Single Occupancy Bed & Breakfast room \_\_\_\_\_

Please indicate amount enclosed (50% deposit or full fee): \_\_\_\_\_

Early Bird Registration: Sign up with 50% deposit or full registration  
fee by February 25th, 2022 and save \$20!

Send in registration by March 11th. For late registration after March  
11th, add \$30.

Make checks to Tipi Rock Yoga. You may send registration to 2977  
Mittower Rd West, Victor, MT 59875, or bring it Gretchen or  
Andrea. We also accept Venmo! @Gretchenlangton69

Cancellation Policy: 50% deposit is non-refundable. No refunds or  
credit if cancellation is after March 11th.