



Back To Bliss Yoga

with Harriet & Jen

*Stress slips away and your true nature returns, bringing you...
back to peace, back to balance, back to bliss!*

**Winter in Montana...
Take time to nurture yourself with Yoga
Sunday February 2
Red Willow Learning Center, Missoula, MT**

**AM session with Harriet: “Strong Bones, Confidence for Life”
9:00-12:30**

In this **Back to Bliss Yoga** workshop you will:

- Receive dynamic strategies for building and maintaining strong bones for life
- Get the latest research data about how yoga is especially beneficial for bone health
- Take home a specially designed yoga program, which targets Osteopenia

**PM session with Jen: “Mantra, Mudra, Meditation”
1:00-4:30**

In this **Back to Bliss Yoga** workshop you will:

- Start with a gentle yoga movement practice to prepare your body for sitting
- Learn techniques of mantra & mudra to focus the mind and quiet the body during meditation
- Build the confidence to start or sustain a meditation practice at home
- End with a Himalayan singing bowl sound bath & supported Savasana

Join Harriet Alterowitz and Jennifer Brooke, yoga teachers, educators & long-time meditators for one or both of these discovery workshops. Everyone is welcome!

**“STRONG BONES... CONFIDENCE FOR LIFE”
“MANTRA, MUDRA, MEDITATION” SUNDAY FEBRUARY 2, 2020
RED WILLOW CENTER 825 WEST KENT MISSOULA MT**

Name _____
Phone _____
Email _____

I will attend AM session 9:00-12:30 “Strong Bones” with Harriet _____
I will attend PM session 1:30-5:00 “Mantra, Mudra, Meditation” with Jen _____

1 Session Register by January 15	\$45.00 _____
After January 15	\$50.00 _____
Both Sessions Register by January 15	\$85.00 _____
After January 15	\$95.00 _____

Email Jen jbrookemt@gmail.com first to hold your spot.
Then mail registration to: Harriet Alterowitz, 113 Mcleod Av, Missoula MT 59801.

Make checks payable to Back to Bliss Yoga. Or register directly with Harriet or Jen.

We can also take payment by phone with credit card using Square payment.

Cancellation Policy: No refunds will be made for cancellations. All yoga props will be provided, however you are welcome to bring your own props. Space is limited. Register early to reserve your space. You will receive an email confirmation of your registration.

Harriet Alterowitz and Jennifer Brooke, PT are both experienced and certified yoga teachers/therapists with Integrative Yoga Therapy. They have both been teaching in the Missoula area as well as internationally for over 20 years. They combine their strengths and years of experience with meditation and yoga to help you deepen or begin a personal practice.

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