

Mountain Lakes Yoga Retreat

Presented by The Women's Wilderness Institute
and the Yoga Workshop

JULY 18 - 20
\$450

After a short backpack into Wyoming's Snowy Range, you'll spend three days beside a sparkling alpine lake at the peak of Rocky Mountain wildflower season. There's ample time to day-hike, simply relax & recharge or climb one of the Snowy's glorious peaks. No yoga or backpacking experience necessary.

Register with WWI

www.womenswilderness.org
303-938-9191



Strong Girls. Strong Women. Better World.



Instructor **Asha Wolf** brings to her teaching over 20 years of exploration of our internal landscapes through anatomy, physiology, movement, and a variety of therapeutic body-mind modalities. Her teaching style is direct, clear and accessible with a strong, hands-on approach.



2020 21st Street :: Boulder, CO 80302 :: 303.449.6102

WWW.YOGAWORKSHOP.COM