

November 6-8, 2015

THE SOUND OF HEALING Women's Retreat

Featuring Yoga and Music for Transformation

Relax & Restore in the Black Hills at this small-group therapeutic retreat for mind-body healing.

This all-inclusive weekend retreat includes shared accommodations at Spearfish Canyon Lodge, 5 meals, nature hike, and classes appropriate for all levels of Yoga/music experience.

Classes Include:

HEALING WITH BREATH & MANTRA, BALANCE AND EMPOWERMENT

WITH THE CHAKRAS, LYRICS FOR HEALING PART 1 & 2 (no music experience required!)

NATURE NURTURE SOUND (a walking meditation) MANTRA MOVEMENT MEDITATION.

Teacher Bios:

Dawn Sopron, WCSW is a psychotherapist and therapeutic Yoga teacher in Sheridan, WY. For almost 25 years, her passion has been helping people recover from depression and anxiety through trauma healing. She relocated from Chicago to Sheridan in 2006 and provides psychotherapy services in her office, Clay Pot Counseling, Inc. Registered with the Yoga Alliance (RYT-500) and certified by Surya Chandra Healing Yoga School (CYT 700 Hours), she teaches Healing Yoga for Trauma and Anxiety classes and provides business trainings on Work Fatigue and User-Friendly Yoga Stress Management.



Singer, songwriter, and story teller KATE BAUM received her MA in Linguistics, Composition, and Rhetoric from South Dakota State University in 2003. She then moved with her family to Alaska, where she taught literature and writing for 9 years. In August of 2012 they moved home to SD, where they now own an antique store on Main Street in Sturgis called Prairie Emporium. She uses her expertise in writing, storytelling and musical performance to inspire healing and transformation in herself and others, and offers her workshop, Lyrics for Healing, as medium through which to do that.

Registration & Accommodation Information

Dates: Friday, Nov. 6 at 5:00 PM—Sunday, Nov. 8 at 12:00 PM
Location: Spearfish Canyon Lodge, 10619 Roughlock Falls Rd, Lead, SD 57754, www.spfcanyon.com
Cost: \$400 (\$100 deposit due Sept. 30, full payment due Oct. 15)

HURRY! Space is limited to 12 participants

Register on our website: claypotyoga.com

For more information email: info@claypotyoga.com or call (307) 752-7016