

Iyengar Yoga Association of the Upper Midwest Spring Retreat at Prairiewoods

Honor the light within all life

Join us for a weekend of Iyengar
Yoga with the teachings of
nature.

This weekend yoga retreat is open to any yoga student who has had at least 16 weeks of consistent attendance in an Iyengar Yoga class. Prairiewoods, a spiritual and ecology center run by Franciscan Sisters is located on 70 acres of natural beauty just north of Cedar Rapids, Iowa. A serene and spacious facility, Prairiewoods offers accommodations for overnight guests, ample space for quiet reflection, trails for walking and contemplation. The spiritual atmosphere of Prairiewoods provides an ideal setting for an Iyengar Yoga retreat.



Mary Reilly

Senior Certified Iyengar Yoga Teacher and
Director of North Woods Yoga in Petoskey,
Michigan



SCHEDULE

Friday

Arrival and check in: 3 pm
Asana: 5:30–7:30 pm
Potluck Dinner:
7:30–8:30 pm

Saturday

Breakfast: 6:30–8:00 am
Asana: 9:15–11:45 am
Lunch: 12–1 pm
Asana: 3:00–5:00 pm
Dinner: 5:30–6:30 pm
Philosophy discussion/Q&A:
6:45–7:45 pm

Sunday

Pranayama: 7:30–8:30 am
Tea/fruit break: 8:30–9:30 am
Rooms must be vacated.
Asana: 9:30–11:45 am
Pack up and load props: 11:45 am
Lunch: Noon
Departure: 1 pm

June 2–4, 2023

Fees and Registration Information

Enrollment is limited, and this workshop will fill*!

***Register early so that you won't be disappointed!!!**

Register online at IYAUM.org

Registration deadline: May 15

Not a member? Join IYNAUS/IYAUM for \$70
and enjoy the benefits of membership AND a
\$70 discount on the retreat!

Prices:

IYAUM Members:

\$285 Classes & meals only
\$365 Double room (shared), classes and meals
\$395 Private room, classes and meals

Non Members (Hint, hint...JOIN!)

\$355 Classes & meals only
\$435 Double room (shared), classes and meals
\$465 Private room, classes and meals

Cancellations

Prior to May 15, refunds will be given minus
a \$50 fee. Otherwise, no refunds after May 15,
2023, unless your spot can be filled.

The IYAUM Scholarship Fund will offer
scholarship assistance to IYAUM Members.
Deadline for applications: May 1, 2023.
Apply at IYAUM.org.

Questions, concerns?
email: info@friendshipyoga.com
www.friendshipyoga.com