

October 5-7, 2018

## THE SOUND OF HEALING Women's Retreat

Featuring Yoga and Music for Transformation

Relax & Restore in the Black Hills of South Dakota at  
this therapeutic retreat for mind-body healing.

This all-inclusive weekend retreat includes shared accommodations at the Custer State Park cabins, 5 meals, nature hike, and classes appropriate for all levels of Yoga/music experience.

Access your healing story through **Journaling**, **Lyric-writing**, and the **Music-mentoring** of singer, songwriter, and storyteller, KATE BAUM of Sturgis, SD.



Deepen your healing through Yoga practices of **Gentle movement**, **Chakra balancing**, **Breath** and **Mantra** with psychotherapist and therapeutic Yoga teacher, DAWN SOPRON of Sheridan, WY.



### Registration & Accommodation Information

Dates: Friday, Oct. 5 at 5:00 PM—Sunday, Oct. 7 at 12:00 PM

Location: Blue Bell Lodge  
Custer State Park  
13389 US Hwy 16A  
Custer, SD 57730

Cost: \$400 for weekend (\$100 deposit reserves your spot. All registrations and payments due by Sept. 15).

**HURRY! Space is limited to 14 participants**

3 ways to Register, website: [claypotyoga.com](http://claypotyoga.com)  
email: [info@claypotyoga.com](mailto:info@claypotyoga.com) or call: (307) 752-7016