

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