

Join us for an entire weekend of yoga with Thomas Fortel at Body of Work Yoga Studios, 205 W. Walnut (corner of Walnut & South), Springfield, MO 65806

**Friday - October 29**

Half Active/Half restorative  
6:00 p.m. - 8:30 p.m.

**Saturday - October 30**

Pranayama  
8:30 a.m. - 10:00 a.m.  
Active Morning Practice  
10:30 a.m. - 1:00 p.m.

**Catered Lunch Break \$10**

1:30 p.m. - 2:30 p.m.  
ForwardBends/Twists/Restorative  
3:00 p.m. - 5:00 p.m.

**Sunday - October 31**

Pranayama  
9:00 a.m. - 10:00 a.m.  
Active Morning Practice  
10:30 a.m. - 1:00 p.m.

You will be able to leave all of your props on location for the weekend



The great saints and sages of India have repeatedly told us that the Divine lies within, that the body is a temple for the indwelling of the Lord. The practice of Hatha Yoga is an honoring of the body as a vessel of this energy, this life force, this prana. What begins as an exercise class, eventually moves us to the depths of our own inner temple. Yoga practice becomes a sacred prayer. What we practice on the yoga mat becomes a way of being in the world. A yoga retreat is both serious and fun, individual and community building.

Thomas Fortel Yoga Weekend  
October 29, 30 & 31

\$150 Full Weekend \_\_\_\_\_  
\$40 Friday Only \_\_\_\_\_  
\$100 Saturday Only \_\_\_\_\_  
\$60 Sunday Only \_\_\_\_\_  
\$10 Catered Lunch Saturday \_\_\_\_\_

Please make every effort to register as soon as you can. Paypal payments are accepted at [www.bowstudios.com](http://www.bowstudios.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Makes checks payable to:  
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