

# Heart Shine



A Yoga Retreat for Women

Women's Yoga & Wellness Retreat Spring 2017

March 17 - 19

## *Heart Shine*

You are invited to a weekend yoga and wellness retreat at the One Spirit Retreat Center near Galena, SD, March 17-19, 2017. This retreat was born out of the idea that we are all striving for optimum wellness, but that it is often hard to find in our daily lives. Sometimes we just need to get away for a while...even if that getaway is close to home.

With your physical, emotional, energetic, and mental health and well-being in mind, the retreat offers a variety of activities that will leave you feeling revived, refreshed, and renewed. Your weekend includes: 2 nights lodging, organic and/or local foods meals and snacks, 6-7 yoga classes, a healthy eating workshop, a make-and-take oils class, music, food and lifestyle discussions, and more.

In addition to scheduled sessions, you may choose to take some much-needed free time—relaxing by the fire, reading, or taking a hike on the nearby meditation trails and stopping at the contemplation stations. For an extra fee, you can also nurture yourself with a relaxing massage by a professional body worker.

This retreat with all that is included has been kept to a low cost so that more lovely yoginis can experience and enjoy a weekend of inquiry, exploration, and self-discovery through yoga.

If you are interested in attending the “Heart Shine” Retreat, please fill out the registration form and send payment as soon as possible. This retreat fills very quickly and there is typically a waiting list.

Namaste,

Scottie

Scottie.bruch@gmail.com, [www.sturgisyoga.com](http://www.sturgisyoga.com), 605-490-7972



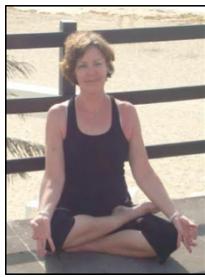
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March 17 - 19

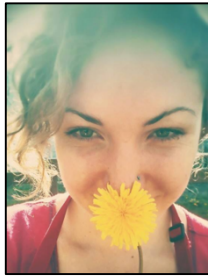
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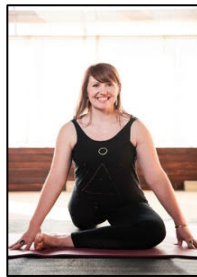
Scottie



Cindy



Amanda



Carly



Cheri



Jillian

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Registering For: (all prices now include tax)**

Full Weekend

**Early Bird Pricing:**

\$225 (incl. tax)

**After February 17 Pricing:**

\$235 (incl. tax)

Full Payment included with this registration form. Check made payable to Sturgis Yoga.

Full Payment via credit card on-line.

\*Registration is confirmed by receipt of this registration form AND payment.

\*\*Cancellations by Feb. 1 will receive a 75% refund. Cancellations between 2/1-2/26 will receive a 25% refund.

**NO REFUNDS AFTER FEBRUARY 28. Transferring registration is acceptable.**

Roommate Preferences (4 per room): \_\_\_\_\_

Any Dietary Restrictions/Allergies? \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any medical conditions (injury, asthma, diabetes, etc.) that concern you as a part of your yoga practice:

\_\_\_\_\_

**Waiver:**

I, \_\_\_\_\_, hereby agree to the following:

1. That I am participating in the Yoga Classes, Health Programs or Workshops offered by the One Spirit Yoga and Wellness Retreat during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Classes, Health Programs or Workshops. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Yoga Classes, Health Programs or Workshops.

3. In consideration of being permitted to participate in Yoga Classes, Health Programs or Workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in Yoga Classes or Health Programs, I knowingly, voluntarily and expressly waive any claim I may have against the One Spirit Yoga and Wellness Retreat for injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue the One Spirit Yoga and Wellness Retreat for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

This registration form can be **mailed to:** Scottie Bruch, 12316 Eden Rd., Whitewood, SD 57793.



# Women's Yoga & Wellness Retreat Spring 2017

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## Heart Shine

### Friday

12:30-5:00pm

Early Check-In with Massage Appointments Available

5:00-5:45pm

Check-In

6:00-7:15pm

"The Joy of Connectedness" Yoga Class with Scottie

7:30pm

After Party

### Saturday

7:00-8:30am

"Revitalize from the Inside Out" Yoga Class with Cindy

9:00-10:30am

Brunch and "Delicious Desserts" Class with Amanda

11:00-12:30

"You're Good" Yoga Class with Jillian

1:00-2:30pm

"Heart Essence: An Aromatherapy Experience" with Cheri

3:00-4:30pm

"Prana Dance Party" with Carly

5:30-6:30pm

Dinner

7:00pm

Fireside Kirtan

### Sunday

8:00-10:00am

"Shift and Shine" Yoga Class with Scottie

10:00am

Farewell Brunch



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### The Joy of Connectedness

*Scottie Bruch*

We'll kick off the weekend with a joyful practice that will help you find things you didn't know you needed and explore gifts you didn't know you had to offer. Through playfulness, pranayama, and intention-setting, this practice will create light and joy for you, bringing you back to your center and igniting the energy you want to radiate.

### Revitalize from the Inside Out

*Cindy Borchgrevink*

Open your heart and let your energy revitalize you! This class will raise your vibration and put a smile on your face. It's a practice full of just the right amount of spunk to get your day started with a bang. Open your heart and open your mind!

### Delicious Desserts

*Amanda Froelich*

Women, especially, feel guilty about indulging in life *and* food. Fortunately, it's possible to do both AND take care of your body and your mental sanity. This is an interactive class in which participants will take part in making two delectable desserts that will be eaten at the retreat.

### You're Good

*Jillian Anawaty*

Guidance to move and breathe in ways that explore the path back in, to connect with your innermost being. Steep in your essence and capacity to witness and love what is - who and how you are and your experience of the world around you. This practice will include visualization, meditation, and asana to support and strengthen your physical and energetic heart space. Draw back into your bliss, peace, and beauty - anchor in, and shine.

### Heart Essence: An Aromatherapy Experience

*Cheri Isaacson*

Expand your own heart shine with aromatherapy in this multi-dimensional class that will use a variety of essential oils to support the exploration of the needs and desires of your heart. Class will start with a meditation enhanced by oils, and will then continue with discussion about the purity and potency of oils and their uses. In the hands-on portion of class, you will make your own products using essential oils. All participants will leave with recipes, treats, and personalized products created by you to let your heart shine through!

## Prana Dance Party

Carly Messner

Remember how it felt to really, really cut loose? No? Then this class is especially for you! We start slow with familiar yoga stretches then allow focused breath, flowing movements, and pulsing beats to connect to your inner LIFE-FORCE. No prior dance experience needed but an open mind is required!

## Fireside Kirtan

*Jillian Anawaty and Amanda Froelich*

Kirtan ("KEER-than") is a gathering of hearts and voices in devotional yogic chanting that helps dissolve the grip of ego, free your voice, and soothe the heart and soul. Join us in this devotional practice and celebration of life through music, song and maybe even a little dance if you're feeling it!

## Shift and Shine

*Scottie Bruch*

We'll wrap up the weekend with a low and slow practice that will serve to seal in the collective goodness of your retreat experience. Utilizing movement, meditation, mudra, mantra, and more, you'll be reminded to stay connected to your source and to remember what you're made of: abundant energy, radiant beauty, and potent self-awareness.



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### Scottie Bruch

Scottie is the founder and host of the One Spirit Women's Yoga and Wellness Retreats (as well as a school librarian, wife, mom to two adventurous boys, a runner, and world traveler). She is passionate about these retreats because for the past 6 years, they have been inspiring women to be their best selves. Scottie's own yoga path started with yoga being just another workout to add to the never-ending list of sports that she grew up playing. It wasn't long before yoga's true nature began to unfold and, not "change" her but, expand, enlighten, and enhance what had always been there. And, always a teacher at heart, Scottie wanted to share this experience. She began teaching yoga to adults and children in 2008. She is certified at the 700-hour level, is an ERYT-500 teacher, owns and operates Sturgis Yoga, and continues to study with her teacher, JJ Gormley. Her classes are eclectic and energy-based, inviting you to really *feel* the practice and to be happy in body, mind, breath, and spirit.

### Jillian Anawaty

Jillian is enamored with the miracle and depth of life. She is blown away daily by the power of consciousness, intention and simply being present to relax, energize, strengthen, activate, align and heal the body, mind and heart. What began as an effort to get into better shape, her practice has become a realization of our luminous nature. She gravitates to yoga and Pilates with a passion for grounding and being fully present, here now, in this life, flesh and human experience. To breathe, embody and enjoy. A devoted student of yoga, she began practicing with her now husband in 2006. Since, she's studied with a wide range of teachers in many styles and offer gratitude to the grace of all paths. Her professional training includes 200-hour YTT with certified Anusara yoga teacher BJ Galvan, comprehensive mat and Reformer Pilates through STOTT Pilates, and many intensives and workshops with various other teachers and styles. She has thousands of hours teaching experience - both yoga and Pilates, classes and private sessions. This is what she does, and she loves it. She learns so much from each of her students and is deeply honored to share in this journey of health, healing and life.

### Cindy Borchgrevink

Cindy discovered yoga in 2000 with her sister in Florida and started teaching in 2003. Wyoga Studio in Gillette opened December 2005. Wow--12 years of amazing yoga connections! After completing her RTY-200 training in 2006, Cindy wanted more, so she signed up for the RYT-500 program with JJ Gormley and earned her certification in 2010. She says it was the best thing she ever did! The great knowledge base and the fantastic people she has met and become friends with has been amazing. What an adventure this has been--from opening her heart to igniting the passion within. Cindy's passionate about: God--family--friends--good karma--yoga.



### Carly Messner

Carly's approach to teaching yoga is rooted in wellness, self-acceptance and health. Carly's yoga training was completed at Blossom Yoga Studio in Laramie, Wyoming, which taught her the value of "going with the flow" via classic yoga texts and lessons for a modern yoga teacher. Carly is also the owner of Whole Child Wellness, LLC and Wellness Yoga, which proudly offers pediatric occupational therapy services and holistic, therapeutic yoga for persons of all abilities. Carly's classes reflect her deep compassion, joy for life and love of a good time.

### Cheri Isaacson

Cheri is an active mother, wife, and passionate K-12 educator. Her quest for knowledge, love of learning, and interest in lifelong wellness lead her to pursue the yoga teacher training with Surya Chandra Yoga School under the leadership of JJ Gormley and Scottie Bruch. Over the past several years she's taught yoga at Sturgis Yoga and in the public education classroom. Believing that the quality of movement and mindfulness that yoga offers is a powerful tool for all individuals she continues to promote, share, and learn about yoga practices. Cheri's curiosity about the use of essential oils to support health and wellness naturally, lead her to dōTERRA. As a wellness advocate, Cheri shares enjoys sharing benefits of using high-quality essential oils to promote a natural, healthful wellbeing.

### Amanda Froelich

Amanda is a nutritional counselor, plant-based chef, certified Master Reiki therapist, certified reflexologist, and certified Detoxification Specialist who is passionate about holistic well-being and the psychology of food. She has worked in natural healing centers in Costa Rica, Thailand, Africa, and the U.S. and is back in the Black Hills to continue studies at BHSU. Learn more and get FREE recipes at her website [BloomforLife.org](http://BloomforLife.org), where she has a plant-based cookbook for sale that includes 80+ recipes and a 2-week menu plan.



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Appointments for bodywork on Friday are made directly with the body worker. Please make contact to inquire about rates and appointment times. Massages must be booked in advance by March 8 so that the schedule can be adequately prepared.

Juli: [Pahasapaha@gmail.com](mailto:Pahasapaha@gmail.com), 970-391-9921

### Appointment Times:

Juli: Friday 12:00-1:00pm, 1:30-2:30pm, 3:00-4:00pm, and 4:30-5:30pm

### Appointment Rates:

60-minute Session \$65

90-minutes Session \$80 (\*possibly available on Saturday)

**\*\*Massage sessions can also be scheduled for Saturday. Please email Scottie ([scottie.bruch@gmail.com](mailto:scottie.bruch@gmail.com)) if you are interested in receiving bodywork that day. If enough people are interested, we will schedule an additional massage therapist for that day. Also, if more people are interested in Friday massages, we can schedule an additional massage therapist for that afternoon, as well.**



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The One Spirit Retreat Center is located near Galena, SD and situated on 65 acres of wooded property adjacent to Forest Service property. The lodge itself is 8,000 square feet with the main area consisting of 8 bedrooms (4 beds each) with private baths, a large courtyard, two covered porches, an outdoor fire pit, a large indoor slate fireplace, a game room, a kitchen, a dining room, and a large gathering room. Near the lodge, you will find meditation trails with contemplation stations and abundant wildlife.





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**From Deadwood:** Take 385 (toward Hill City), make a left on **Big Lead Hill** (right before Fish & Fry Campground), a left on **Elk Creek**, a left on **Little Elk**, a right on **Arapahoe** and finally a right on **Sacred Mountain**. The lodge is the only building on this road.

**From Sturgis:** Exit 32. Take a left on **Vanocker Canyon Road**. Go approximately 4 miles. Make a right on **Galena Road**. Galena Road will transition into **Erickson Road**. Follow Erickson Road until it merges with **Elk Creek Road**. Continue on Elk Creek. Make a right on **Little Elk**, then a right on **Arapahoe** and another right on **Sacred Mountain**.

**From West Rapid City:** Take 44 to 385. Make a right on 385 (toward Deadwood). Stay on 385 until you see **Nemo Road** on the Right (across from Boondocks). Make a right on **Nemo Road**. Go approximately two miles until you see **Elk Creek Road** on the left. Make a left on **Elk Creek**. Continue on **Elk Creek** for approximately 3 miles. Make a left on **Little Elk** (mail boxes on a wheel are on the right of the road), a right on **Arapahoe** and finally a right on **Sacred Mountain**.

**From East Rapid City:** Take I-90 west to exit 32 (1st exit for Sturgis), then follow the "from Sturgis" directions.



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## What to Bring:

- Yoga mat
- Reusable water bottle
- Blanket for use as a yoga prop (Mexican blankets work well)
- Any other yoga prop that you feel comfortable using (block, strap, bolster, etc.)
- Snacks (if you prefer your own)
- Comfortable clothes (layers) and slippers
- Mug or cup for tea/coffee
- Wine glass
- Toiletries
- Wine to share (optional)