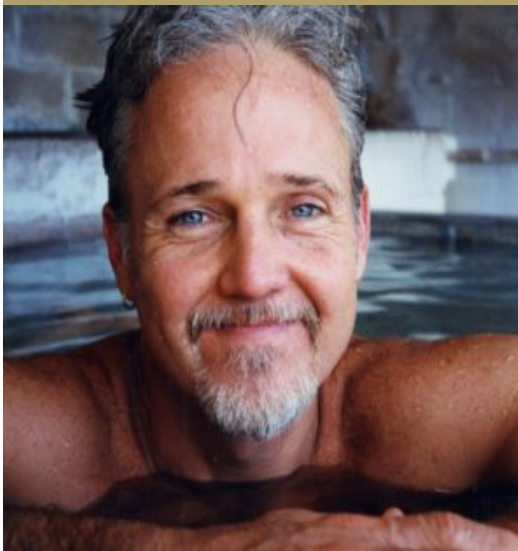


Sunday October 1<sup>st</sup> and Saturday November 18<sup>th</sup>, 2017

# Aligning with Nature

## One Day Yoga Retreats

With  
Thomas Fortel  
And JennTara Ward



### Our Day

- 9:00am** Class begins by centering ourselves with light stretching, pranayama and meditation.
- 10:30am** Asana practice focusing on balancing strength and flexibility in our shoulders and hips.
- 12:30pm** Two-Hour Lunch Break. Take time for lunch, hiking or just resting and enjoying the outdoors.
- 2:30pm** Ending with a two-hour restful and restorative yoga practice.

### To Register:

JennTara Ward  
314-497- 8452  
(Call or Text)  
[jenntara@yahoo.com](mailto:jenntara@yahoo.com)  
Thomas Fortel  
314-606- 6647  
[tmfortel@gmail.com](mailto:tmfortel@gmail.com)

### Fee:

\$85 for one day / \$150  
for both days.  
Bring your lunch, we will  
provide drinks!

**Immerse Yourself** in the tranquil energy of yoga and nature for a day to unplug from the fast paced world we live in. We will have the pleasure of practicing in a newly constructed certified Living Building, one of only 11 structures in the world located on 28 acres of property on the Labarque Creek watershed in Pacific, MO. This is a 30-minute drive from Webster Groves.

Classes will be led by longtime yoga practitioners/teachers influenced by the Iyengar and Anusara styles of Hatha Yoga. Thomas lives here in St. Louis, and travels extensively sharing his love for yoga. He encourages students to turn inward toward their breath as we engage in these ancient spiritual practices. JennTara teaches classes locally and works privately with students, inspiring a deeper relationship between body, heart and the world around us. We are very excited to offer this retreat together for the first time.

Retreat Center Address: 4180 Doc Sargent Road Pacific, Missouri 63069 @ Labarque Creek TCS Campus