



AWAKEN INTO AUTUMN

Settle into the cozy depths of Fall, as you join Michelle Richards & Nancy Ellis for a nourishing and grounding retreat. We will explore the insightful practices of meditation and yoga as therapeutic tools for bringing you into a more calm and peaceful presence.

A day of mindfulness is an opportunity to balance, restore and renew our bodies, minds and spirits from a busy life and merge into harmony with the rhythms of our natural world.

All levels of practitioners are welcome! We will be practicing sitting, walking, sense awareness, loving-kindness meditations, 2 mindful yoga sessions with breathwork and more. Come and join us at the beautiful Dancing Spirit Ranch for a full day in cultivating the practice of stillness and awareness in movement! You are fully supported in the option for this retreat to be silent.

Michelle Richards, LMT, CPC Michelle has been leading MBSR (Mindfulness-Based Stress Reduction) courses for over a decade in the Flathead Valley. She offers mindfulness-based retreats and workshops, and introductory courses. She is currently taking an in-depth teacher training with Jack Kornfield & Tara Brach. Michelle is a licensed massage therapist and Certified Professional Life Coach.

Nancy Ellis, CAP, LMT, RYT Nancy is a certified Ayurvedic practitioner, licensed massage therapist, Thai Bodyworker and 200-hour trained yoga instructor. She earned her yoga training through Bodhi Yoga International, a Buddhist based yoga training focusing on mindfulness, metta and meditation. Nancy offers community meditation and workshops in the Whitefish area.

THE ART OF
MINDFULNESS:
A FALL RETREAT IN
GRATITUDE &
PRESENCE

MEDITATION
&
YOGA

SATURDAY
NOVEMBER 17TH
9:30-4:30

ORGANIC VEGETARIAN
LUNCH
BY ANANDA

108\$ EARLY BIRD
125\$ AFTER NOV.10TH

DANCING SPIRIT
RANCH

WHITEFISH, MT

Register online at
[https://www.dancingspiritranch.com/
workshops-retreats/](https://www.dancingspiritranch.com/workshops-retreats/)
or Contact Michelle at 406-261-4112