



## AWAKEN INTO SPRING

Emerge from the depths of winter and into the rebirth of spring, as you join Michelle Richards & Nancy Ellis for a nourishing and rejuvenating 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 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 and 2 mindful yoga sessions with breathwork. Come and join us at the beautiful Walking Lightly Ranch in cultivating the practice of stillness and movement!

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**Michelle Richards**, LMT, CPC Michelle has been leading MBSR (Mindfulness- Based Stress Reduction) courses for a decade in the Flathead Valley. She offers mindfulness-based retreats, workshops, and introductory courses. Michelle is a Licensed Massage Therapist and Certified Professional Life Coach.

**Nancy Ellis**, CAP, LMT Nancy is a certified Ayurvedic practitioner, Massage Therapist, Thai Bodyworker, and trained Yoga Instructor through Bodhi Yoga International, a Buddhist based yoga training focusing on mindfulness, metta and meditation. Nancy offers community meditation in Whitefish.

The Art of  
Mindfulness  
Daylong Retreat

—  
Meditation &  
Yoga

—  
Saturday  
March 16<sup>th</sup>  
9:30-4:30

—  
Organic  
Vegetarian Lunch  
provided by Lyon

—  
\$108 Early Bird  
\$125 after March 11<sup>th</sup>

WALKING LIGHTLY RANCH  
West of Whitefish off  
Tally Lake Rd.

TO REGISTER CONTACT:  
MICHELLE AT 406-261-4112  
[mrichards1111@hotmail.com](mailto:mrichards1111@hotmail.com)

