

May 2, 2020.

Saturday...Retreat for healing waters, friendship, fantastic yoga, and gyrokinesis



Banbury Hot Springs

*1128 Banbury Rd,
Buhl, ID 83316*

Where: Banbury Hot Springs...

Easy way to find, approximately 9 miles from Buhl, OR 11 miles from Hagerman.

Class schedule:

12:30- Registrtration and check in, get organized with props, etc...

1:00-warm-up yoga with Bill Chisholm

2:00-Lets go a little deeper yoga with Tasha Bradshaw

3:15- Gyrokinesis with Lori Head, please just go along, it's fun!!!

4:30-Restorative yoga with Joyce Ballard

5:30-Begin the set up for the best potluck dinner in the Magic Valley. Please bring a dish to share, we will supply plates, utensils, cups, and of course carrot and coconut cake!!!

LORI IS ALSO PLANNING TO LEAD A CARDIO WORK-OUT IN THE BIG POOL AFTER DARK, AFTER DINNER

*Price for the entire day is \$50.00.

There are nightly accommodations at Banbury and Miracle Hot Springs. Lori will be happy to assist if you have questions...208-251-2047

RSVP your spot with Lori 208-251-2047 or Tasha 208-650-9084