

# FALL REFRESH

## CRM + YOGA RETREAT

### OCTOBER 1-3 2021



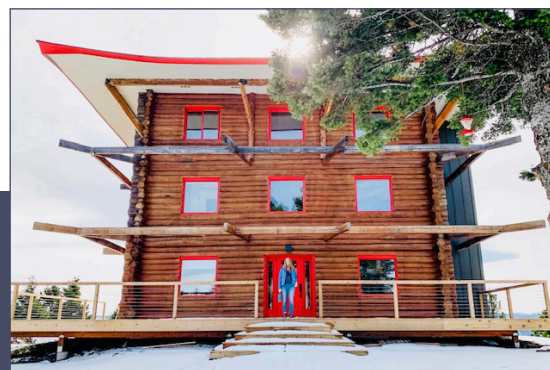
**LAURIE STRAND**  
Yoga Alliance 200 RYT

**SARAH MURPHY**  
Yoga Alliance 200 RYT



Owner of Resiliency Rising, LLC, Laurie has developed a consulting and educational organization that focuses on offering individuals the tools to thrive wherever life leads them. Using the research-based Community Resiliency Model (CRM), Laurie offers group workshops with one-on-one follow-up consultation. Her practice develops leadership support for organizations, team building and support for employees to reach their full potential. Laurie has been a dedicated student of yoga for 15 years. She intertwines her alignment-focused teaching with nervous system regulation to help individuals understand more fully how to take the practice of yoga off the mat.

For over 12 years, Sarah has been teaching a blend of flow, balance, strength, flexibility and power. She makes her yoga classes a practical, user-friendly style, doable by individuals at any level of fitness. Sarah's classes will energetically engage your intuitive wisdom through breath & movement. Get ready to dive into the present moment and dig deeper. If you're coming to class to move & stretch, great! But, we promise you'll come away feeling more genuinely connected to your authentic self.



A retreat held at the magnificent OMstead outside of Bozeman, Montana will refresh your body, your mind, and your heart. Integrating cutting edge neuroscience plus our yoga practice as the platform, we will help you explore and expand your ability to sense and reset your nervous system. We will help increase your personal development of resiliency toward stress, trauma and everyday life. You will learn to fully integrate your nervous system regulation into your yoga and meditation practices and learn how to utilize this knowledge on and off the mat.

The grounding accommodations within OMstead, the nourishing food and the robust, thought-filled curriculum and teachings will support you long after this personal care retreat ends.

**OMSTEADMONTANA.COM**  
**CONTACT [laurie@resiliency-rising.com](mailto:laurie@resiliency-rising.com) OR [sarah@breathemovebe.com](mailto:sarah@breathemovebe.com) FOR MORE INFO**

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OMSTEAD

### **COST - \$800 ALL INCLUSIVE**



OMSTEAD

#### **ACCOMMODATIONS**

2 nights/3 days stay at OMstead

Contemporary furniture, outdoor seating for lounging, local artisan crafts, and luxury bedding. We offer two options for sleeping arrangements. We have a semi-private, shukubo style bunkroom or ShiftPods for those who seek more privacy.

##### **SHUKUBO Style Sleeping**

Sleeping accommodations are located on the second floor of the pagoda. This open style arrangement-called Shukubo in the buddhist tradition-is inspired by the legacy of pagoda style living and encourages a group bond. Each set of full sized beds has partitioned canvas walls for privacy, eucalyptus sheets and soft down comforters to upgrade your experience. Take a hot shower in our newly remodeled bathrooms, or cozy up with a book in your personal nook.



##### **ShiftPods**

We have 7 ShiftPods available for private accommodations or a shared space with a friend. What is a ShiftPod? Sound space age? Well, it is. They were originally designed as shelters for emergency relief. They are durable, have vented windows, and are 6'7" tall. Each Pod is equipped with a comfy bed, eucalyptus sheets, a down comforter, luggage rack and side table. If sharing a group space just isn't your thing, reserve one these and upgrade your retreat.



#### **RETREAT HOURS**

Friday: 11-7 - lunch, light yoga, CRM, personal time, yoga, dinner

Saturday: 8-7 - optional meditation, yoga, breakfast, CRM, lunch, personal time, CRM, yoga, dinner

Sunday: 8-12 - optional meditation, yoga, breakfast, CRM, lunch



#### **FOOD**

Chef: Tona Leiseth - Owner of Omstead

Friday: Light Lunch & Dinner

Saturday: Breakfast, Lunch & Dinner

Sunday: Breakfast, Lunch (stay or to-go)

Beverages: Coffee, Tea & Water.



#### **AMENITIES**

+ Wood fired hot tub

+ Yoga room

+ Yoga mats, blocks & props

+ Wraparound cedar deck

+ Full kitchen

+ Walk/hike Omstead grounds



#### **AGE REQUIREMENTS**

You must be 18+ to attend.

#### **EXTRAS**

Stay Thursday night: \$130  
Dinner & Friday breakfast included

Wine may be purchased at dinners by the glass.

**OMSTEADMONTANA.COM**

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