

“Breath of Life”

Storm Mountain Center
is a United Methodist
camp and retreat center
located near
Rockerville, SD.

Directions:

From Rapid City, take Hwy. 16 South,
toward Mt. Rushmore Nat'l
Monument. Go slightly past
Rockerville (about 13 miles past Rapid),
and take a right onto Silver Mountain
Rd. Drive 0.3 miles, and turn right onto
Storm Mountain Rd. Go 1.7 miles to
the camp.

Accommodations:

Gist Lodge and Sander Lodge have
several rooms with multiple twin-size
beds, common areas, kitchenettes,
outdoor decks, fireplaces, air-
conditioning, and heat.



Yoga & meditation can help us discover
those things that are on our hearts that
are sometimes difficult to articulate.
Through our theme of “Breath of Life,”
we will explore what those deep
thoughts are in each of us, and try to
create an individual expression of them
in breath prayer: the uniting of
something we do constantly - breathe,
with something we ought to do
constantly - pray. We will discover the
power of breath prayer in our yoga
and meditation classes, and
in our daily devotions.

Helping to guide us through this
process are our devotion leaders,
Rev. Mary Ann Sheldon and
Emma McKirdy-Wilsey

What to bring:

- Comfortable yoga clothes
- Yoga mat
- Shoes suitable for hiking
- Jacket for cool evenings
- Notebook for taking notes
- Sleeping bag OR twin-size
sheets & blanket
- Pillow
- Towel/Toiletries

“Breath of Life” Yoga Retreat

August 24-26,
2018



Storm Mountain
Center

23740 Storm Mountain Rd,
Rapid City, SD 57702



Registration Information

Cost: \$150 (payable at the retreat)

- Includes two nights lodging, and six meals (Fri. supper thru Sun. lunch)
- Maximum: 30 participants
- Pre-register by August 6

To pre-register, e-mail
Colleen McKirdy at
captkeys@speartown.com
or call her at 605-269-1054

AND send a \$25 non-refundable
deposit written to “Storm Mountain”
to:

Colleen McKirdy
313 Sandstone Hills Dr.
Spearfish, SD 57783

Colleen McKirdy, RYT200, is a pianist, teacher, and church musician who has found yoga to be an enriching and indispensable part of her life. Colleen leads yoga classes in her home church of Spearfish United Methodist.

Jill Johnson, Joyful Living Therapy, E-RYT200, and Certified Laughter Yoga Leader is a therapeutic yoga teacher who specializes in helping people live a pain-free and healthy life. Jill works with her clients to find freedom in movement, and teaches enriching processes of becoming more functional and healthy in body, mind, and spirit. She has been teaching yoga for over 20 years.

Terry Anderson, M.Ed., LPC, is a psychotherapist in private practice at Lifepath Consulting & Counseling in Spearfish. In addition to individual and group work, she teaches classes in Mindfulness, Meditation, Chakras, and Enneagram Essence Paths. She is the author of *The Invisible Choir*.

Dan Johnson, Licensed Massage Therapist, Myokinesthetic System Provider, and Certified Laughter Yoga Leader will be available for chair massages (\$10 for ten minutes) throughout the weekend. Dan’s intuitive massage techniques have consistently helped improve the overall health of his clients, and have helped people achieve total relaxation and healing.

In addition to Gentle, Vinyasa, Alignment, and Rhythmic Yoga, sessions will include:

- **Soma Yoga:** *A yoga class that moves from somatics - engaging your brain with your muscle movement - to stabilization, and then to classic postures that build strength and stamina. Somatics is a system of neuromuscular retraining which goes directly to the source of many musculoskeletal problems by reorganizing the way your nervous system controls and senses muscles and movement. It’s a great practice to learn to be pain-free in your daily life.*
- **Meditation:** *Yoga is often practiced as strictly a physical exercise – it can be something more. You will take your practice to a new level when you combine it with meditation, chakra work, and mindfulness. We will begin with a period of meditation on Friday evening, work with the lower chakras Saturday morning, then add mindfulness later in the day. Sunday morning’s meditation will help you integrate your retreat experience before you journey home.*
- **Laughter Yoga:** *The only form of exercise that allows you to laugh heartily (engaging your diaphragm) for an extended period of time, for no reason whatsoever. It is the purest form of laughter because it is unconditional. It puts you in touch with the very essence of who you are: loving, open, playful, and childlike. It encourages us to play well with others, without judgment or any competitive aspect. It truly is the best medicine!*