



# Aligning with Nature

## — One Day Yoga Retreat —



with **Thomas Fortel** and **JennTara Ward**

# OCTOBER 20, 2018

Immerse yourself in the tranquil energy of yoga and nature for a day to unplug from the fast paced world we live in. We will have the pleasure of practicing in a newly constructed certified Living Building, one of only 11 structures in the world located on 28 acres of property on the LaBarque Creek watershed in Pacific, MO. This is a 30 minute drive from Webster Groves.

Our day will consist of two yoga classes with a break for lunch, hiking or just resting and enjoying the outdoors. There are three nearby nature trails to enjoy including the LaBarque Creek Conservation area, Young Conservation area, and the Glassberg Family Conservation area.

We will meet at 9 am for an hour and a half to center ourselves with light stretching, pranayama and meditation. Immediately following will be a two hour morning yoga practice to balance strength and flexibility in our shoulders and hips. We will break for lunch and return at 2:30 p.m. for a two hour restful and restorative yoga practice.

Classes will be led by longtime yoga practitioners/teachers influenced by the Iyengar and Anusara styles of Hatha Yoga. Thomas lives here in St. Louis, and travels extensively sharing his love for yoga. He encourages students to turn inward toward their breath as we engage in these ancient spiritual practices. JennTara teaches classes locally and works privately with students, inspiring a deeper relationship between body, heart and the world around us. We are very excited to offer this retreat together for the second time.

Bring your own lunch and we will provide drinks.

**TO REGISTER:** Call or Text **JennTara Ward** | 314-497-8452 **OR**  
Email **Thomas Fortel** | [tmfortel@gmail.com](mailto:tmfortel@gmail.com) | **FEE: \$85**

Retreat Address: LaBarque Creek TCS Campus | 4180 Doc Sargent Rd, Pacific, MO 63039