

Friendship Yoga 25th Annual Retreat

Spring into Yoga

Join us for a weekend of
inspiration and fellowship.

This weekend yoga retreat is open to any yoga student who has had at least 16 weeks of consistent attendance in an Iyengar Yoga class. Prairiewoods, a spiritual and ecology center run by Franciscan Sisters is located on 70 acres of natural beauty just north of Cedar Rapids, Iowa. A serene and spacious facility, Prairiewoods offers accommodations for overnight guests, ample space for quiet reflection, trails for walking and contemplation. The spiritual atmosphere of Prairiewoods provides an ideal setting for an Iyengar Yoga retreat.



Rebecca Lerner

Rebecca Lerner, co-director of the Center for Well-Being in central Pennsylvania, is a level 4 Senior Certified Iyengar

Yoga teacher and a devoted student of the Iyengar family since the late 1970's. Rebecca's expertise is the ability to guide her students deeply into the poses in a fresh, insightful and meaningful way. Dynamic and compassionate in her teaching style,



students of all ages and abilities will experience a heightened yogic experience through the practice and application of asana, pranayama and yoga philosophy within each class.

May 30-June 1, 2025

Early Bird Registration

Enrollment is limited, and this workshop will fill*!
***Register early so that you won't be disappointed!!!**

Send your check with this form to:

Friendship Yoga,
2008 Dunlap Ct. | Iowa City, Iowa 52245
Or Venmo (paying a friend): Nancy-Footer

See details below and email:

info@friendshipyoga.com

Choose One:

- _____ \$340 Classes & meals only
- _____ \$430 Double room (shared),
classes & meals
- _____ \$470 Private room, classes & meals

After April 22, add \$75 to the above prices.

\$_____ **Total enclosed** (Your check signifies
your understanding of our refund policy.)

Name _____

Address _____

City, State, Zip _____

Email _____

Phone (text) _____

Cancellations

Prior to April 22 refunds will be given minus a \$50 fee. No refunds after April 22.

The Maitri Yoga Education Fund will offer scholarship assistance to currently enrolled Friendship Yoga Students.
Deadline for applications: 4/5/2025

Questions, concerns?

email: info@friendshipyoga.com

www.friendshipyoga.com

SCHEDULE

Friday

Arrival and check in: 3 pm

Asana: 5:00-7:00 pm

Potluck Dinner: 7-8:00 pm

Saturday

Breakfast: 8:00 am

Asana: 9:15-11:45 am

Lunch: 12-1 pm

Asana: 3:00-5:00 pm

Dinner: 5:30-6:30 pm

Philosophy discussion/Q&A:

6:45-7:45 pm

Sunday

Pranayama: 7:30-8:30 am

Tea/fruit break: 8:30-9:30 am

Rooms must be vacated.

Asana: 9:30-11:45 am

Pack up and load props: 11:45 am

Lunch: Noon

Departure: 1 pm