



Join Peentz Dubble at Windhorse for a Yoga retreat or intensive



Connecting
with our
essential
nature to
look
beyond
ourselves
and extend
ourselves
to others
stimulates
an incredibly
potent life
force in us.
That's
Windhorse.

Peentz's summer home on Hudson Hill in the Green Mountains of Vermont includes an intimate yoga studio for twenty people. Your daily practice will start with Prāṇāyāma in the studio overlooking a spectacular mountain range. After a break for tea, you'll pursue a vigorous Āsana practice to round out the morning. In the afternoon you will have personal time, returning in late afternoon for a quieter practice.



When you join Peentz for a retreat or intensive you will have access to her during both formal classes and unstructured time including one-on-one time for refining your own practice. You will have access to a group of your peers for learning, sharing your experiences, and networking. And you will have free time to reflect, relax, explore the region, or simply to play!

3-Day Intensives

1 pm Friday – 3:30 pm Sunday

July 10–12, 2009

General Level

July 31– August 2, 2009

Intermediate / Advanced Level

4-Day Intensive

1 pm Thursday – 3:30 pm Sunday

August 6–9, 2009

General Level

6-Day Retreat

7 pm Sunday – 1 pm Friday

July 19–24, 2009

Advanced Level

Located in a rural mountainside setting in Bridgewater, Vermont, one mile west of Woodstock, Windhorse is a 150- minute drive from Boston, 2 hours from Hartford, or 5 hours from New York City. A region of great beauty and celebrated history, it offers many ways to experience nature as well as a sophisticated, artistic culture and cuisine. The region is rich with bed and breakfast and motel lodging choices. And great shopping, too!



Visit www.peentz.com for more information.



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How to register for Windhorse 2009

Limited space available. To register mail this completed registration form
with non-refundable deposit to:

Peentz Dubble, 60 Woodbine Street, Newton, MA 02466-1871

Intensives and Retreat Opportunities

Check your choice of intensive or retreat below. All prices are in US dollars.
If you have questions about which workshop to attend contact Peentz at:

(617) 527-1871 or peentz@peentz.com.

DATES	INTENSIVE/RETREAT	PRICE	DEPOSIT
<input type="checkbox"/> July 10 – 12, 2009	General Level 3-day Intensive	\$330	\$130
<input type="checkbox"/> July 19 – 24, 2009	Advanced 6-day Retreat	\$500	\$195
<input type="checkbox"/> July 31 – Aug. 2, 2009	Intermediate/Advanced 3-day Intensive	\$330	\$130
<input type="checkbox"/> Aug. 6 – 9, 2009	General Level 4-Day Intensive	\$415	\$155

Intermediate/advanced workshops are open to students who are practicing headstand, shoulderstand, and backbends, and are excellent classes for current and prospective yoga teachers. **General level workshops** welcome both beginning and intermediate students. Beginning students should have studied yoga for at least one session of 8–12 weeks.

Early Bird prices valid until March 31, 2009!

Student Details

Name _____

Mailing Address _____

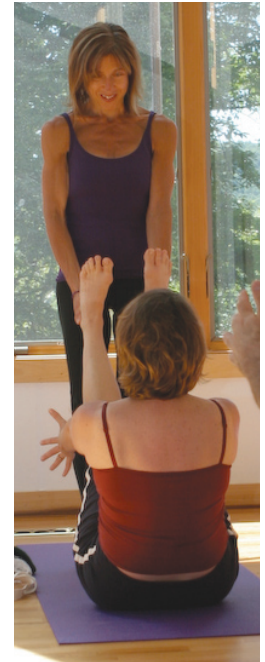
City, State, Zip _____

Phone _____

Email _____

Mark your calendar. Balance is due June 1, 2009.

Only prompt payment in full guarantees your place in the workshop.



Where to stay

The region is rich with bed and breakfast and motel lodging choices. Check out www.peentz.com for a list of choices. There are several local campgrounds and state parks. Peentz may allow a few students to bring tents and camping gear and camp on Windhorse grounds, using Windhorse washing and cooking facilities. Please note there are many wild animals in the area including deer, wild turkeys, bear, and mosquitoes. Contact Peentz if you wish to be considered for camping. We suggest you make reservations early.

Visit www.peentz.com for more information.