

YOGA

Vacations



A Guide to
International
Yoga Retreats

Annalisa Cunningham



J O H N M U I R P U B L I C A T I O N S

FEATHERED PIPE RANCH HELENA, MONTANA



Feathered Pipe Yoga Specialty Weeks

JUNE-SEPTEMBER

Nestled against the tree-covered Rocky Mountains and surrounded by thousands of acres of Forest Service land, the Feathered Pipe Ranch is a retreat center providing learning experiences that inspire healthy living. A potpourri of yoga instructors representing a diversity of yogic traditions are scheduled each year, as are other programs that nurture wholeness and interconnectedness with all of life. Feathered Pipe offers only one program at a time so that guests can benefit fully without distractions. Each instructor is unique and has achieved a level of teaching excellence that has earned national or international recognition within his or her tradition. (Please call for a catalog to find out about current scheduled instructors.)

Equal to the beauty that surrounds it, Feathered Pipe has a wonderful, nurturing atmosphere. The staff is dedicated to making guests feel comfortable and at home. Masterfully crafted log lodges, simple cabins, yurts, and teepees offer a variety of lodging options. The 110-acre ranch property has a sparkling private lake, pristine water, clean air, abundant wildlife, and healing plants that flourish in the mountain setting. There are miles of hiking trails in the adjoining national forest and a hidden meditation garden next to a rushing stream. The retreat sits on land that was once inhabited by a Native American tribe and was named after the tradition of passing the sacred feathered pipe to connect all beings in the circle of life and receive guidance from the Great Spirit.

Address: Feathered Pipe Ranch
P.O. Box 1682
Helena, MT 59624
Phone: 406/442-8196
Fax: 406/442-8110
E-mail: fpranch@met.net
Web site: www.featheredpipe.com

Airport Information: Fly into Helena.
Van service is available from the airport
for \$35 round trip.

How to Get There: The ranch is 13
miles from Helena.

Teacher Background: Many different
yoga teachers visit Feathered Pipe Ranch.

Many teachers have a background in
Iyengar and/or Ashtanga yoga. Please call
for a catalog and for questions regarding
the different yoga intensives offered.

Style of Yoga: Hatha, Ashtanga, and Iyengar. Some teachers offer a soft, gentle approach to yoga, while others teach a more dynamic, challenging form. Please call for a catalog and for questions regarding the different yoga intensives offered.

Philosophy of Teachers: Varies according to individual teachers.

Student Criteria: All levels are encouraged to come.



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Laughing Water at Feathered Pipe Ranch

Disability Access: Yes, fully accessible.

What to Bring: Yoga props are provided. Bring comfortable clothes for yoga, walking shoes, and sweaters or long-sleeved shirts for cool mountain nights.

Yoga Room Size and Description: 40' x 60'. The yoga room has hardwood floors, a stone fireplace, and large glass windows that face the mountains and overlook the lake.

Number of Participants Possible: 36

Accommodations: You may choose to stay indoors or outdoors. Teepees, tents, and yurts provide the outside accommodations and are spread apart on the land to give each camper abundant privacy. Indoors, guests can stay in a variety of cabins (semi-private) or in the lodge dormitory (up to four people in a room). A lovely cedar bathhouse holds bathroom facilities for campers along with a hot tub and

sauna for everyone's use. Cabins come with or without a bath.

Meals: Gourmet natural food is a specialty at the ranch. Organically grown ingredients are used whenever possible. The menu is primarily vegetarian, but occasionally chicken or fish is served. Special diets can be accommodated. Food is served banquet-style and includes a smorgasbord of delightful dishes three meals a day.

Fee: From \$800 to \$1,200 per person per week (call for catalog), depending on the program. This includes all instruction, lodging, meals, and general use of bathhouse and ranch facilities. A double room with a private bath is an additional \$250 per person. A double room with a shared bath is an additional \$150 per person.

Credit Cards: Mastercard and Visa

Sample Daily Schedule:
6:30–8:00 a.m. Breakfast

9:00–noon	Yoga class
noon–1:30 p.m.	Lunch
2:00–5:00	Yoga class
6:00–7:30	Dinner
7:00–10:00	Class (evening program)

Other Activities: The ranch lands include fabulous wilderness hiking and secluded places for meditation in nature. You'll be able to see millions of stars on a clear night. Sauna and hot tub in the cedar bathhouse.

Services: A professional massage staff is at hand for appointments.

Guest Comment: *"Feathered Pipe exceeded all my expectations for class content, location, accommodations, and food. I thought I was going on a vacation with yoga classes worked in, but it ended up being an important journey*

where the discovery was all about me—physically and spiritually."

Dottie Lentz — Austin, Texas

Summary: Located in the heart of Montana's Rockies, Feathered Pipe Ranch is designed with natural log and stone buildings set in a wilderness area that feels like a million miles from everything. Fresh, clean mountain air, clear blue skies, pure drinking water, and a natural wilderness setting make this yoga retreat a place where you can melt into nature and get recentered. The staff is warm and gracious; the yoga instructors are nationally and internationally renowned. Seven- and ten-day retreats are available June through September. The Feathered Pipe Foundation also sponsors yoga retreats and tours throughout the world, which vary each year (please call for information).