

**Fit**  
fityoga.com

Your Path to a Strong Body,  
a Stress-Free Mind, a Calm Heart

# Yoga

## Spring Detox Ayurveda Style

cleanse, relax  
and balance your  
entire body

Do the  
Asana Twist  
and revitalize your  
internal organs

Yoga for  
Tennis  
improve reflexes,  
concentration and  
flexibility

Yoga Relieves  
Anxiety

SPECIAL SECTION  
**SPA &  
YOGA  
RETREATS**

The  
Meaning  
of OM



INTERVIEWS WITH  
**John Friend**  
**Sharon Salzberg**



PHOTOGRAPHY BY ZANE WILLIAMS

# Feathered Pipe Foundation

Helena, Montana  
406-442-8196  
[www.featheredpipe.com](http://www.featheredpipe.com)



Visitors here often remark on the powerful feelings of peace and positive energy the surroundings evoke. Now a revered destination that features regular seminars with luminaries in the world of yoga and holistic health, Feathered Pipe began quite humbly in 1975 as the Holistic Health Foundation. In partnership with the California Yoga Teachers Association, Feathered Pipe Foundation was the original publisher of *Yoga Journal*, and also offered the very first teacher certification program in the United States. Today, the non-profit Feathered Pipe Foundation organizes international workshops and yoga healing retreats, as well as study tours in nurturing environments around the world that allow participants to personally experience and

gain knowledge of healing customs from native tribal traditions. One of the Foundation's primary goals is the preservation of these cultural traditions through humanitarian efforts. Blacktail Ranch, located in Wolf Creek, Montana, is a sister property to Feathered Pipe, and the ranch's extensive property boasts numerous active archaeological sites, along with a cave system dating to the last Ice Age and several sites considered sacred to the Native Americans indigenous to this area. Prices vary depending up on length of stay, program, and type of accommodations.

**Best Treatment:** Tandem Massage, with two therapists working together to provide you with an optimal bodywork experience (60 minutes/prices dependent upon specific therapists).

**Best Product or Service:** Enjoy a spiritual quest during a sweat-lodge prayer session, conducted in the tradition of the Cree Indians.

**Best Dish:** Meals are served outdoors whenever the weather permits. Look for Tofu Coconut Curry, Carrot & Mango Salad, and Sesame Spinach.

**Best Yoga Class or Experience:** Opportunities to express yourself at the evening bonfires, where guests are invited to drum and join their voices in song. Can't hold a tune? Slip off your shoes and dance around the fire. —Debra Bokur