

YOGA TREE & REPLENISH  
MIND \* BODY \* SPIRIT PRESENTS:

# Yoga Mini Retreat - the Roots of Yoga With Christa Heibel

JANUARY 6, 2018 | 10AM-3PM AT ROSEAU CITY CENTER- 121  
CENTER STREET EAST, ROSEAU, MN

Fee: \$45

Begin the New Year with a deep dive into the history and foundation of Hatha yoga, a transformational practice in the Himalayan yoga tradition. Discover yoga's true purpose and how this ancient practice can transform your daily living. We'll cover not only the physical benefits of yoga for the body, but also how traditional meditation practices can be used to cultivating mindfulness, and nourish calm and peace. You'll leave with tools to help you incorporate the ancient teachings of yoga into your life for greater self-awareness, balance and overall well-being. We'll also cover:

The historical Himalayan practice  
Full Hatha Yoga and its 100 benefits  
Pranayama and Asana  
Yamas and Niyamas - yoga's ethical framework  
The benefits of Mantra  
Restorative Yoga and relaxation  
Guided Meditation

Lead by Christa Heibel, RYT500, eRYT200, in partnership with Yoga Tree. Many people think yoga is about flexibility and physical fitness, and although these are key benefits, yoga is actually an extensive system built for better living through the consciousness of breathing, movement, relaxation, and focus. This course will go beyond the Westernized physical poses, and invite you to see a glimpse of the richness of the yoga tradition PLUS its proven physical benefits.

Workshop ~~BOX LUNCHES AVAILABLE (SEE REGISTRATION FORM)~~ \$45. Click here to [register](#) and fill out registration form.

Send registration form and check/m.o. to  
Desi Klimesh - PO Box 57 - Roseau, MN 56751  
Desi @ 218-242-3982 [dklimesh@gmail.com](mailto:dklimesh@gmail.com) or CatherineS @ 218-425-3107 [catherineastenzel@gmail.com](mailto:catherineastenzel@gmail.com)  
In International Falls, Contact:  
[replenishmindbodyspirit@gmail.com](mailto:replenishmindbodyspirit@gmail.com) 218-286-4006 [www.replenishliving.com](http://www.replenishliving.com)

REGISTRATION FORM – Ancient Practices for a New Year

Name\_\_\_\_\_ Email\_\_\_\_\_

(Required for Event Notifications)

Address\_\_\_\_\_ City/State/Zip\_\_\_\_\_

Phone\_\_\_\_\_ Cell\_\_\_\_\_

List any injuries that you have\_\_\_\_\_

Emergency Contact/Phone:\_\_\_\_\_

Do you have yoga experience? Yes\_\_\_ No\_\_\_

May we share your email address with the event instructor, Christa Heibel from Replenish Yoga?

Yes\_\_\_ No\_\_\_

Would you like to order a box lunch costing \$6.50 Yes\_\_\_ No\_\_\_

Choice 1- chicken wrap Choice 2 -veggie wrap (No orders taken after Dec 23.) -- PLEASE ENTER

YOUR CHOICE (1or2) HERE \_\_\_\_\_\*\*

GIFT CERTIFICATES ARE AVAILABLE. Please contact:

Desi @ 218-242-3982 dklimesh@gmail.com or CatherineS @ 218-425-3107

catherineastenzel@gmail.com

PLEASE MAIL THIS FORM PLUS CHECK OR MONEY ORDER MADE PAYABLE TO YOGA TREE

TO:

DESI KLIMESH

P.O. BOX 57

ROSEAU, MN 56751

(\$6.50)

Amount enclosed: Event Fee \$45 + Box Lunch \$ \_\_\_ = \$\_\_\_\_\_

(No refunds after 23 Dec. 2017 – Full refund if event is cancelled)

\*\* If you do not wish to order a box lunch, we encourage you to pack a lunch as our noon break will only be 30 minutes, and won't be enough time to dine out.

# About The Instructor

Christa Heibel, eRYT500

Replenish Owner • Yoga Instructor • Reiki Practitioner • Young Living Oil  
Distributor

Christa began taking yoga classes in 2001 while living in California. Her formal Yoga teacher studies began in 2009 at the well-balanced mind-body-spirit yoga center Yoga North in Duluth, MN, under Deborah Adele, author of *The Yamas and Niyamas: Exploring Yoga's Ethical Practice*. Hatha Yoga and the Himalayan tradition have become the foundation of Christa's yoga practice, teaching, and daily living. She was RYT500 certified by Yoga Alliance in 2010, and is now an eRYT500 with over 3000 hours of teaching. Christa specializes in helping people find greater ease in mind•body•spirit through yoga and surrender, and her studio in International Falls offers a wide range of yoga classes, including hatha, vinyasa and hot yoga, as well as classes in meditation and in the chakras.

Christa has also licensed Replenish Yoga & Wellness, as a private career school with the Minnesota Office of Higher Education and Yoga Alliance 2014 and has conducted annual In Depth Yoga Studies & Teacher Training 200 Yoga Alliance Teacher certifications every year since then, and she has already initiated 17 teacher trainees in just 3 years

Christa began her Reiki study in 1998 while living in Denver, Colorado and has since received her Reiki Master certification and training. She is also an accomplished business consultant in the areas of sales, marketing, and business development.