

# diablo

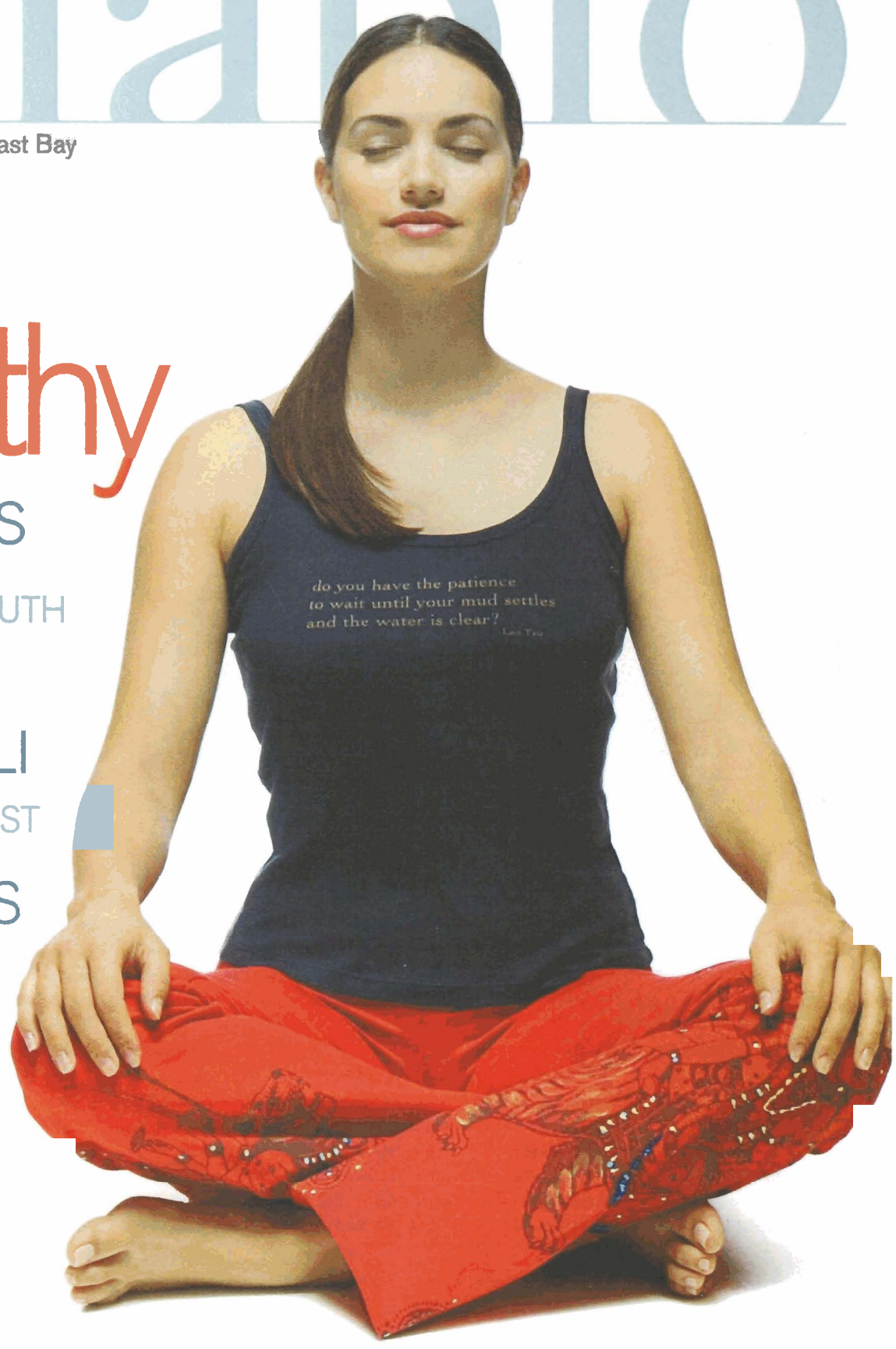
The Magazine of the East Bay

## live healthy

BOOMERS  
FIND THE  
FOUNTAIN OF YOUTH

CALL HIM  
DOCTOR  
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THE WEST'S BEST  
FITNESS  
RESORTS



*do you have the patience  
to wait until your mud settles  
and the water is clear?*  
— Lao Tzu

JANUARY 2006 \$3.95



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## EXTREME ENLIGHTENMENT

# Feathered Pipe Ranch

**WHERE:** Helena, Montana, and two locations in Mexico

**FOCUS:** Yoga, meditation, and personal growth

**IN A NUTSHELL:** Beginning and advanced yoga students flock to Feathered Pipe's programs to learn from the best teachers in the world. From May through September, visit a 160-acre Montana mountain paradise, with

no cell phone reception, bordered by a natural forest. In the winter months, Feathered Pipe's signature programs take place in the warmth of one of two Mexican retreat centers: Haramara, in the fishing village of Sayulita, and Hotel Na Balam, on Isla Mujeres.

**WHAT'S NEW:** This year will see workshops taught by some of yoga's most esteemed instructors, including Seane Corn, Liliias Folan, Judith Hanson Lasater, Erich Schiffmann, and senior Iyengar teachers Patricia Walden and John Schumacher.

**WHAT MAKES IT SPECIAL:** Unlike other retreats, Feathered Pipe offers only one retreat at

a time and keeps each one small—fewer than 42 students—making for an intimate experience.

**PERKS:** After a long day of intensive classes, indulge in one of dozens of treatments, such as hot rocks massage, acupressure, energy work, and chiropractic.

**DON'T MISS:** The world-class workshop Yoga in Paradise, an intensive week of Iyengar Yoga with renowned teachers Mary Dunn and Dean Lerner, March 4–11, 2006.

**WHAT IT COSTS:** Mexico retreats, \$2,050–\$2,250, Montana retreats, \$1,299–\$1,900, per person, per week, double occupancy.

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



COURTESY OF FEATHERED PIPE RANCH (3)