



Restorative Retreats on Yukon Island

Walk for Life / Bones for Life

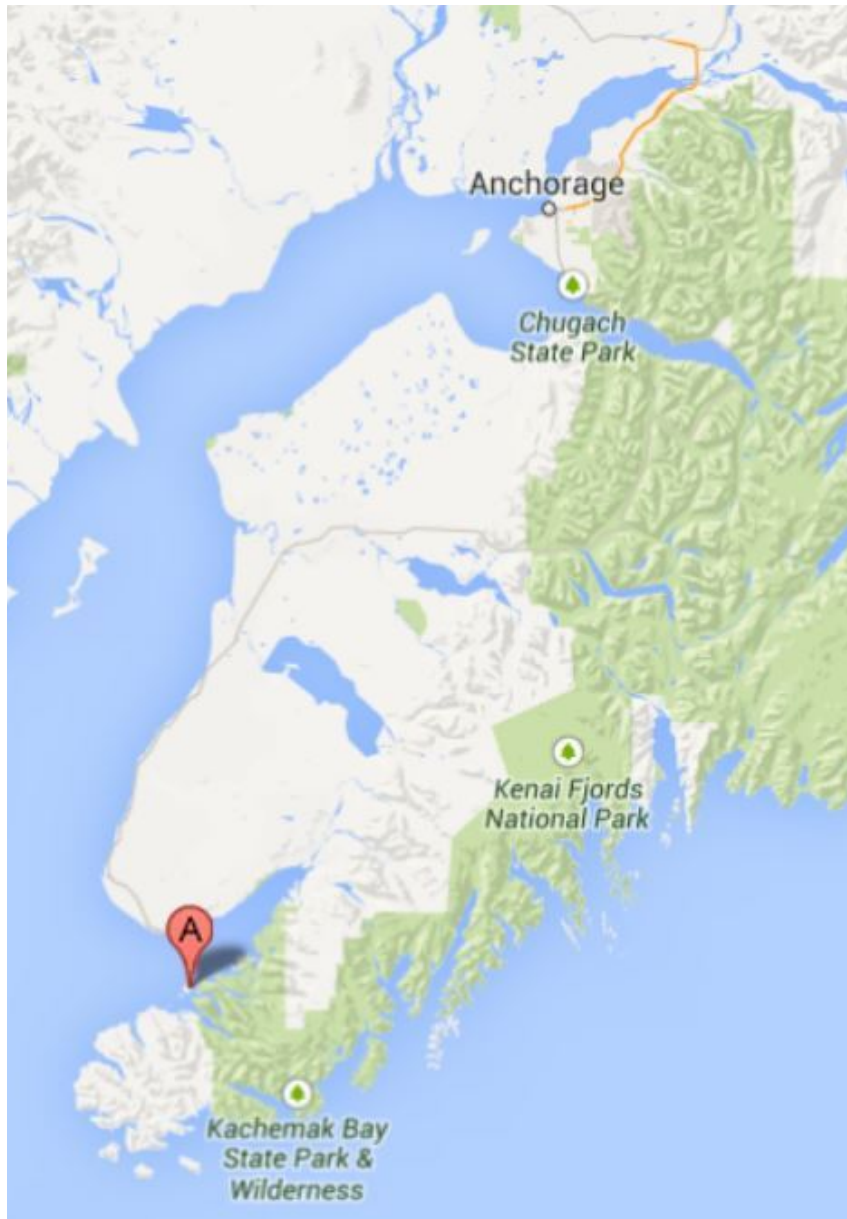
Which is the right workshop for you?

Walk for Life or Bones for Life

Both are appropriate for all ages and fitness levels. Which weekend is better for your schedule?

Bones for Life focuses on developing the movement components that make all daily activities easier. As we age many people stray from good posture and optimal body mechanics. Anti aging can begin at any age; the earlier the better, but never too late. Bones for Life can stimulate bone strengthening through optimizing skeletal forces throughout daily activities.

Walk for Life has many similar components as BFL. The addition of walking poles facilitates better shoulder and upper body use as well as improving coordination between your shoulders and your pelvis. (Think lifting from your legs, cross country skiing, restoration from neck and shoulder problems)



Yukon Island in Kachemak Bay is about a 20 min water taxi ride from Homer, Alaska. Homer is an incredibly beautiful 4 1/2 hour drive south of Anchorage. The following two photos are from our trip south last year.

(We can help you car pool from Anchorage)



Summit Lake on drive between
Anchorage and Homer



Brown bear feeding on a
moose carcass south of
Sterling Alaska.



Water Taxi from Homer



Yukon Island Retreat Center

Welcome
Wagon
driven by
Hostess
Gretchen
Bersch



Sauna



View
from
Porch



Main teaching area





"Your walking is only as good as your capacity to bear your total weight on one foot." Ruthy Alon



Erect posture is easy when you learn how.



Walking with poles awakens your upper body to it's role in creating a more dynamic, lively, and pleasurable walk.



Optimizing breathing



Preparing ankles to adapt to uneven surfaces.



The beauty of the Alaska wilderness
helps restore the ability to find joy in the
simple pleasure of walking.



Pulling without strain; finding your core increases balance.



Stairs without stress



Navigating uneven surfaces with



Practicing walking while viewing the horizon
instead of focused on the ground

Every
meal a
pleasure.

Alcohol
not
included,
BYO.



Good
company
makes
eating
more
nourishing .

Exquisite
morning
&
afternoon
snacks



Directly
from sea
to plate.

With advance notice the retreat staff can accommodate most dietary needs.



After hours relaxation

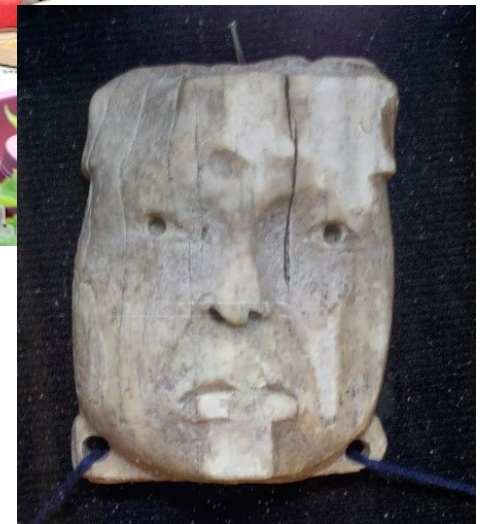


Beach Combing

Archeologists at nearby dig.
They took time to show us discoveries from native
settlements up to 1000 years ago.



Artifact found washed
up on beach a few
years ago.







**Workshops taught by:
Gail French, PT, Feldenkrais Practitioner,
Walk for Life and Bones for Life Teacher Trainer.**

Class size limited to 12 per session.

For more information:

**Gail French 907-344-6261 or
gailpfrench@gmail.com**

<http://www.yukonisland.com/>

<http://movementintelligence.org/WFL.html>

<http://www.bonesforlife.com/>

Restorative Retreats 2014

Bones for Life 20 hour Workshop:

9am Sat, June 21 to 5pm Tues, June 24, 2014

\$1140 includes

5 days lodging, small group instruction,
and gourmet meals.

Walk for Life 15 hour Workshop:

Noon, Thurs, June 26 to Noon Sun, June 29,
2014

\$855 includes

4 days lodging, small group instruction,
and gourmet meals.

Restorative Summer Camps

Renewing the Possible



With GAIL FRENCH, PT, *Feldenkrais™* Practitioner
Bones for Life™ & *Walk for Life™* Teacher Trainer



Yukon Island Center - Homer, Alaska

Two Sessions:

Bones for Life: June 21-24, 2014 **Walk for Life:** June 26-29, 2014

- Participate in five hours/day of movement lessons to unravel obstructions that limit your ability to engage fully in the life you want to live.
- Enjoy healthy home-cooked meals in the beautiful, peaceful setting of Yukon Island, one of Alaska's foremost retreats: www.yukonisland.com/
- Walk the beach or island trails, paddle a kayak, bead a necklace, or paint a picture during the leisure hours.
- Find opportunities for companionship or solitude at your doorstep.
- Minimum # of participants: 8; Maximum # of participants: 12. Register early to ensure space!
- For further information and approval to register, please contact Gail French, PT, at gailpfrench@gmail.com or 907-344-6261.

TO REGISTER, PLEASE COMPLETE AND RETURN THE ATTACHED REGISTRATION FORM, WITH PAYMENT, TO:

Gail French, PT, Movement Therapeutics, 1413 G Street, Anchorage, Alaska 99501

BONES FOR LIFE (4 Days: 7:00 PM 6/20 - 5:00 PM 6/24):

Lodging, including meals:

\$ 540 (To Yukon Island Center)

Instruction [20 hours]

\$ 600 (To Movement Therapeutics)

Total:

\$1140

WALK FOR LIFE (3 Days: Noon 6/26 - Noon 6/29):

Lodging, including meals:

\$ 405 (To Yukon Island Center)

Instruction [15 hours]

\$ 450 (To Movement Therapeutics)

Total:

\$ 855

PLEASE NOTE: Transportation to and from the island from the Homer Small Boat Harbor will be by water taxi. The taxi fee (approximately \$65.00-75.00 round trip) will be collected at the dock at the time of service.