



Yoga for the spiritual sports enthusiast

## Preliminary Schedule and Accommodation Price Sheet

### Preliminary Schedule

The retreat is paced in order to provide the optimum blend of group time for yoga, meditation, touring of cultural and spiritual sites; and personal time to relax, explore and view galleries. This is the current schedule; particulars of the schedule may change.

Tuesday (11/1) Arrive at Albuquerque airport where you are picked up and driven to the tranquil resort of Sunrise Springs. You have free time until dinner (6 pm). Our first session is after dinner. It includes introductions, process, gentle yoga, and meditation.

Wednesday (11/2) Meditation, breakfast, yoga, lunch at Sunrise. Visit the Anasazi ruins at Bandelier National Monument. Return for brief rest at Sunrise center. Go into Santa Fe for an East Indian dinner and All Souls Day celebration. Return to Sunrise center.

Thursday (11/3) Meditation and yoga, breakfast, tour to Sculpture Garden, Healing Church in Chimayo along with lunch and galleries, Upaya Zen Center for talk, Zazen, and dinner.

Friday (11/4) Vinyasa practice, breakfast, check out of Sunrise. Tour to Tibetan Buddhist Stupa. Continue to the luxurious La Posada Resort on the square. You have a free afternoon and evening in Santa Fe. Check-in time is 3 pm. There is a complimentary chef's reception from 4 to 5. And the galleries are open at night from 5 to 7 for exploring. You have the evening to continue relaxing on your own.

Saturday (11/5) Meditation and yoga, breakfast. Then you are on your own to enjoy the museums, markets, galleries, from lunch until our art program at 4 pm. At night it is time to participate in a unique art making adventure with a well known Santa Fe artist.

Sunday (11/6) Continental breakfast, final program. Farewell luncheon, over approximately 1:30 pm. You may wander Santa Fe the rest of the day and take the designated shuttle back to Santa Fe at your leisure.

## Accommodation Selection

The above schedule explains the meals where you are on your own, (very few). Pricing includes most meals, all transportation and tours, the yoga program, and your accommodations.

There are a select number of types of rooms available. The earlier you register, the more chance you have of obtaining the room type of your choice.

Registration before and on August 15<sup>th</sup>:

\_\_\_\_\_1600 double or triple casitas (some more spacious rooms are available at Sunrise Springs with an additional zen sitting room to accommodate the third person). Double rooms have two double beds, or if you are a couple, you may request one king size bed instead. If you are placed in a triple room at Sunrise Springs, you will be moved to a double room at La Posada.

\_\_\_\_\_2000 single spa room with double bed, standard king at La Posada

\_\_\_\_\_2200 single king casitas Sunrise, standard king at La Posada\*

\_\_\_\_\_2350 single king casitas Sunrise, fireplace rooms at La Posada\*

\_\_\_\_\_1800 couples king casitas with extra zen room Sunrise+, fireplace rooms at La Posada

Registration after August 15<sup>th</sup>:

\_\_\_\_\_1900 double or triple (some more spacious rooms are available at Sunrise Springs with an additional zen sitting room to accommodate the third person). Double rooms have two double beds, or if you are a couple, you may request one king size bed instead. If you are placed in a triple room at Sunrise Springs, you will be moved to a double room at La Posada.

\_\_\_\_\_2300 single spa room with double bed, standard king at La Posada

\_\_\_\_\_2500 single king casitas Sunrise, standard king at La Posada

\_\_\_\_\_2650 single king casitas Sunrise, fireplace rooms at La Posada

\_\_\_\_\_2100 couples king casitas with extra zen room Sunrise+, fireplace rooms at La Posada

\*Couples sharing a king casita (without the extra zen room), pay the double rate. Add \$150 to the double rate if you would like a fireplace room at La Posada.

Only people staying in king rooms at La Posada can request to upgrade to a fireplace room.

+The king casitas with the zen room are for couples only.

Recommended portorage and resort daily maid service tipping is not included.

We will match roommates to the best of our abilities, but can not guarantee compatibility.

## Scheduling Spa Treatments

We have created 6 days that are full of sensory experiences. We realize that you want free time to explore on your own and to enjoy the spa experience. You may want to schedule a spa treatment at either Sunrise Springs or La Posada. To view what they have available, refer to their websites, [www.innatsunrisesprings.com](http://www.innatsunrisesprings.com) and [www.laposadadesantafe.com](http://www.laposadadesantafe.com). As stated in the above schedule, the times that you have for wondering or spa treatments are as follows:

Tuesday (11/1) From the time you arrive at Sunrise Springs until dinner (6 pm)

Friday (11/4) You will have a free afternoon and evening in Santa Fe. There is a complimentary chef's reception from 4 to 5. And the galleries are open at night from 5 to 8 for exploring.

Saturday (11/5) You are on your own to enjoy the museums, markets, galleries, from lunch until our art program at 4 pm.

Sunday (11/6) Our program ends after lunch, approximately 1:30 pm.

Wednesday and Thursday are very full days with tours and yoga.

## Payment and Registration Information

The deadline for early registration is August 15. A non-refundable deposit of \$600 reserves your space. Accommodations are on a first come first serve basis. Space is extremely limited. We realize that you are making a commitment to go. Since we are holding a space for you, the final payment is expected by, and non-refundable after September 1, 2005. If you provide the full payment before that date and you have to cancel, only your deposit money will be retained.

To register, please download the Registration form.

Email: [gail@uniqueyogaretreats.com](mailto:gail@uniqueyogaretreats.com) • Phone: 408.377.3746  
[www.uniqueyogaretreats.com](http://www.uniqueyogaretreats.com)