



PRAIRIE YOGA / ALIGN
YOUR
SELF

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630.968.3216



Yoga Retreat in Santa Fe, NM

with Tias and Surya Little, Nicolai Bachman and Lori Gaspar

Tuesday, July 14 – Friday, July 17, 2015

Open to all experienced yoga students, yoga teachers and teacher trainees from all schools and traditions

ITINERARY*

Arrive Monday, July 13, 2015

Fly into Albuquerque, NM airport. Either carpool from airport or take the airport shuttle to the Santa Fe-Sage Inn (arrange shuttle on your own). The drive is about 1 hour.

Tuesday and Wednesday, July 14 and 15, 2015

8:30 am – 2:30 pm

Yoga Practice with Tias and Surya Little and Yoga Philosophy/Chanting with Nicolai Bachman

In the morning, we will depart from the Sage Inn at 8:30 am for Tias and Surya's private temple/yoga studio in the foothills of the Sangre de Cristo Mountains outside Santa Fe. This is the home of Prajna Yoga and it is a truly beautiful setting, about a 15 minute drive from our hotel. Upon arrival, we will settle in and have an extended 2-1/2 hour yoga practice with Tias (Tues) and Surya (Wed).

After our half hour lunch break (bring your own sack lunch), we will discuss yoga philosophy and chant with Nicolai. We depart at 2:30 pm and arrive back at the Sage Inn around 3:00 pm. Afternoons and evenings are on your own, or you may join any group activity we have planned. Sage Inn is located within walking distance to historic downtown Santa Fe.

Tuesday: Option to go to Oja Caliente Hot Springs Spa in afternoon/evening
www.ojospa.com

Wednesday: Option to go to Ten Thousand Waves Spa in afternoon/evening
www.tenthousandwaves.com

Thursday, July 16, 2015

2:30 - 8:30 pm

The first half of the day is on your own. Explore the shops, museums and historical sights of Santa Fe, or go on a shaded hike to a waterfall with Nicolai and Lori.

2:30 pm Depart from Sage Inn
3:00 - 5:00 pm Asana practice with Tias
5:00 - 6:00 pm Catered Vegetarian Dinner
6:00 - 7:30 pm Relax, Renew and Restore with Lori and Nicolai
7:45 - 8:30 pm Vedic Fire Ceremony
8:30 pm Depart for Sage Inn

Thursday is a day of optional and planned activities. Explore Santa Fe on your own or, for those interested in hiking, we will depart from the Sage Inn at 8:00 am for a 3.5 mile hike at Rio en Medio, an oasis of fertile ground in the High Desert. This scenic trail follows a creek that ends in a waterfall. Fee for hike is extra- \$40 paid directly to Nicolai. We return to the Sage Inn for lunch and free time on our own.

At 2:30 pm, we head for the studio/temple where Tias will lead us in a 2 hour asana practice designed to help our legs recover from the morning hike. For dinner, we will enjoy a light vegetarian meal catered at Tias and Surya's home followed by Relax, Renew and Restore with Nicolai and Lori. As Nicolai chants sacred mantras, we will fully absorb the sound while supported in restorative poses facilitated by Lori. We will complete this most nourishing day and evening with a Vedic Fire Ceremony. At 8:30 pm, we depart for the Sage Inn.

Friday, July 19, 2013

8:30 am - 12:00 pm

8:30 am Depart Sage Inn
9:00 - 11:30 am Asana Practice with Tias and Surya
11:30 - 12:00 pm Say our goodbyes
12:00 pm Depart for Sage Inn

Flight Departures Friday late afternoon/evening, July 17, 2015

Carpool to airport or take the airport shuttle (arrange shuttle on your own).

**Retreat itinerary subject to change.*

LODGING RESERVATIONS (Reserve and pay for your own room)

4 nights at Santa Fe Sage Inn

725 Cerrillos Road, Santa Fe, NM 87505

(arrive Monday and depart Friday)

We stay at the Santa Fe-Sage Inn. (You are welcome to stay elsewhere in Santa Fe and arrange your own transportation).

Book and pay for your own Sage Inn guest room with the **Prairie Yoga discount rate of \$95 per guest room, per night**, taxes extra. Rooms include two queen beds or one king. If you call 1-866-433-0335 to make your reservation, please be very clear and say you are with PRAIRIE yoga as the hotel gets us confused with other yoga studios. If you book online, use the online promo code: **3962**

www.santafesageinn.com



You must reserve your guest room by May 15, 2015. Otherwise, our reserved rooms will be released and the discount rate will no longer be available.

1 king bed or 2 queen beds available. Please request at time of reservation.

Check in time is 4:00 pm Check out time is 11:00 am

Breakfast

Our guest room rates include a 'Fresh Start' continental breakfast, served between 7:00 and 10:00 am daily.

Parking

Parking is \$5.00 per day, per room for all vehicles.

If you need a roommate, let us know and we will do our best to pair people up.

MEALS

Breakfast is included at the Sage Inn.

Other meals are not included. You can pack your own sack lunch each morning at the local Whole Foods next to the hotel. We can organize group dinners at a few of the wonderful restaurants in historic Santa Fe, NM.

TRANSPORTATION

Flights

Please arrange your own flight reservations into the Albuquerque, NM airport. Airport code ABQ.

Cars (Shared rental car expense)

We will car pool to/from Tias residence and share the cost of the rental cars and gas with the drivers. We estimate the cost for each individual to be \$100. That includes transport to/from Tias and local driving but does not cover cost to/from airport.

We can carpool to/from the ABQ airport if you are on the same flight or arrive at the same time as the driver. The cost for airport carpooling is \$15 each way to help pay for gas for the driver. Otherwise, book an airport shuttle (approximately \$28 each way or \$48 round trip). *Once you have made airline reservations, please let us know your arrival and departure times so we can arrange possible car pools.*

Please indicate if you are willing to rent a car and be a driver. We will need 4-5 drivers. We will reimburse you for the extra passengers.

Airport Shuttle: Sandia Shuttle Express (888) 775-5696 www.sandiashuttle.com

NUMBER OF PARTICIPANTS

Minimum 15 students. Maximum 25 students.

Trip will be confirmed as soon as we reach 15 registered participants.

We reserve the right to cancel the retreat *if we do not have 15 registered students by May 1, 2015*, in which case all money paid to Prairie Yoga for this retreat will be refunded minus any credit card transaction fees. Notification of cancellation will occur at least 60 days prior to retreat start date. Prairie Yoga cannot be held responsible for any personal expenses, such as airline tickets due to retreat cancellation.

REGISTRATION (Register with Prairie Yoga)

The retreat fee includes Tuesday - Friday events at Prajna Yoga with Tias, Surya, Lori and Nicolai and one catered vegetarian dinner on Thursday night.

Lodging, transportation, meals and optional activities are extra.

EARLY PRICE SPECIAL - Save \$75 if you register by Friday, March 6, 2015

All registrations due no later than Friday, May 1, 2015

\$625 for cash or check by March 6, 2015

4% transaction fee added for credit card payments makes the total \$650

\$700 for cash or check after March 6 and by May 1, 2015

4% transaction fee added for credit card payments makes the total \$728

Make checks payable to Prairie Yoga. Mail registration form to Prairie Yoga 4701 Auvergne Ave, Suite 104, Lisle, IL 60532. To pay by credit card, include your credit card information with this form, register online or call (630) 968-3216.

Refunds

Refunds on or before March 6, 2015 subject to \$100 cancellation fee

Refunds on or before May 1, 2015 subject to \$200 cancellation fee.

No refunds available for cancellations after Friday, May 1, 2015.

There are no refunds for arriving late or leaving early or for illness, personal injuries or weather. *If the retreat is cancelled due to low enrollment, you will receive a full refund, minus any credit card fees.*

INSURANCE

We encourage you to purchase travel insurance should you have a medical problem prior to your trip or while on the trip; or in the case of weather related or natural disaster cancellations, flight cancellations or lost baggage. Trip insurance can also be purchased to cover medical expenses in the event you have an accident while on the retreat. Most travel insurance must be purchased within 14 days of making your reservation. www.Travelguard.com

YOGA RETREAT REGISTRATION

Name: _____

Home Address: _____

Cell phone: _____ Email: _____

Emergency contact name and phone number: _____

Allergies or health issues we should know about in an emergency:

PAYMENT

EARLY PRICE SPECIAL - Save \$75 if you register by Friday, March 6, 2015

All registrations due no later than Friday, May 1, 2015

_____ \$625 for cash or check on or before March 6, 2015

_____ \$650 credit card or online payment (4% transaction fee added)

_____ \$700 for cash or check after March 6 and on or before May 1, 2015

_____ \$728 credit card or online payment (4% transaction fee added)

Make checks payable to *Prairie Yoga*.

Mail checks to Prairie Yoga 4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

CREDIT CARD AUTHORIZATION

Name on Credit Card:

Billing Address if different than above home address:

City/State/Zip:

*I hereby authorize the collection of payment using the credit card indicated below.
VISA, MC and Discover only*

Total charges authorized:

Credit Card #:

Expiration:

3-digit security code:

Signature:

Date:

The following information is for our records only.

You must make your own hotel reservations.

I will reserve a: ___ single room ___ double room

Roommate name if in a double _____

I need a roommate. Can you match me with another single? _____

I am willing to rent a car and be a driver for carpooling. ___ yes ___ no