



balance your body  
yoga

# Yoga Retreat

## Pathways of Transformation

### Santa Fe, New Mexico

Robert Boustany  
Julie Byrd  
Amy Garratt

Thursday 29 April 2010 through  
Sunday 2 May 2010

**Our Destination:** Join us for this exclusive by invitation Yoga Retreat to Santa Fe, New Mexico. This year celebrating the 400<sup>th</sup> anniversary of its founding, Santa Fe has been recognized as one of the distinctive historic destinations in North America. It's unparalleled as a center of history, heritage arts, and culture.

**Our Lodging:** The deluxe Bishop's Lodge is just three miles, but a world away, from the bustle of the Santa Fe Plaza. Overlooking, the Sango de Christi Mountains, enjoy clear, sun-drenched days and enchanting evenings under a blanket of Southwestern stars.

You will have access to all the resort facilities and amenities, including the ShaNa Spa, named by Condé nast Traveler as "most outstanding spa in North America." (Personal treatments not included in trip price.)

**Our Program:** Yoga sessions, of course, every day in the morning and evening of each day, by three masters at each session: Robert Boustany, Julie Byrd, and Amy Garratt. (See details on reverse.) Between yoga sessions, there are delicious meals, the opportunity to shop and explore, be pampered in the spa, or just relax.

**Trip price of \$1,145 per person includes:**

- Round trip transfers from/to Albuquerque airport
- Three-nights lodging double occupancy in Traditional King-Rooms
- Buffet breakfast daily
- Two theme dinners with glass of wine
- Daily morning and evening yoga sessions
- All resort fees and taxes

**Reservations:** Participation is limited. Please reserve your place on this exceptional yoga weekend **before 15 December 2009** using the accompanying Reservation Form.

**Payment and Cancellation:** Please review the payment arrangements and cancellation fees on the Reservation Form.



Trip arrangements by:

**Anywhere Adventures**

2636 Yorktown 321  
Houston TX 77056

713-960-0900 X1002

Ask for Dorothea or Richard



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All classes will be challenging and appropriate to all levels, with all practices having optional variations. Increased challenge will be offered for advanced levels and recuperative techniques and therapeutics will be discussed.

### **Spinal Rotations** - *Freedom for the Spine*

A “feel good” exploration into Spinal Twists focusing on an elongated spine. Liberating layers of muscle and soft tissue, you will reap the physiological and structural benefits of twists, and become aware of the centering benefits to your consciousness.

### **Arms, Shoulder & Neck** - *Strength, Flexibility & Stability*

Discover new processes toward freeing and developing the upper body safely for any yoga practice. Learn to maximize strength by focus, alignment, and intense challenge suitable for your level. The result is a freeing of perspective and increased energetic flows.

### **Yoga for the Core** – *A Perfect Balance*

A dynamic workshop focusing on the development of the perfect balance of core strength and flexibility, suppleness, relaxation and awareness. Special emphasis will be focused on strengthening abdominal muscles while unraveling tension in the neck.

### **Yoga Back Extensions** – *A Systematic Approach*

Increase strength in the muscle groups that support back extensions. Open the spine, hips and heart, expand the breath and practice back extensions with sensitivity and integrity.

### **Hips and Legs** - *Moving Deeper*

An exploration into hips, legs and lower back in unique and powerful ways. Maximum strength is a matter of focus, alignment, and attitude, which becomes clear as challenges peak in asana. It is then that the inherent conditions that cause suffering can be resolved into wisdom, and we can move beyond physical practice.

### **Vinyasa** – *Consciousness in motion*

Practice progressive sequences that unfold with an inherent harmony and intelligence. Build power as you cultivate an awareness that links each action to the next. Open pathways of transformation, step-by-step and breath by breath.



**Balance Your Body Yoga** is proud to showcase three exceptional instructors for this retreat with over 70 years of combined teaching experience. **Robert Boustany, Julie Byrd and Amy Garratt** offer a unique perspective ranging from Recuperative and Beginning levels to Intermediate and Advanced yoga. All classes will be appropriately challenging while accommodating individual needs and preferences.

Robert, Julie and Amy are registered with Yoga Alliance as EYRT-500, which allows those seeking continuing education hours to use this retreat for that purpose. For further information about each instructor, please see our contact page at [bybyoga.com](http://bybyoga.com).