

Yoga in Santa Fe

May 14 – 17, 2009

What's included:

- 3 nights accommodation at the beautiful boutique hotel, Inn and Spa at Loretto, in majestic Santa Fe, NM (newly renovated in 2008).
- Morning and evening yoga classes designed to challenge, inspire and rejuvenate your body, mind and spirit.
- Breakfast and dinner daily using the very freshest local and organic ingredients. Loretto's Executive Chef will create for our group eclectic vegetarian menus specializing in contemporary American cuisine accented by bold Southwest and Santa Fe influences.
- Free time daily to explore this magical city, enjoy a spa treatment or simply relax by the pool.

The newly refurbished Spa at Loretto is offering a discount for Retreat members. With massage, facial and intuitive services, enjoy a pampering that will banish all stress and soothe your body and spirit.

The Inn is ideally located in the heart of Santa Fe, near the Palace of the Governors and just one block from historic Santa Fe Plaza's galleries, museums, restaurants and boutiques. Use your free-time daily to explore this cultured and sophisticated historic setting.

Cost:

Price per person based on double occupancy:

(\$400 deposit required to reserve your space)

Early Registration by April 1, 2009 - **\$875**

Late Registration after April 1, 2009 - **\$975**

(Contact Linda or Debra Lynn for information on single rooms)

Travel to/from Santa Fe is not included in the cost of the retreat.

Financial Policy:

There is a \$400 non-refundable deposit required to reserve your place. For Early Registration, the balance is due by April 1, 2009. For Late Registration the balance is due by May 1, 2009.

If you need to cancel, you must submit your cancellation in writing prior to May 1st, 2009. A refund will be issued (minus the deposit) within 30 days.

Debra Lynn Eden
www.laughingstreamyoga.com

Linda Santopietro
www.garnetleaf.com

Registration Form

Name: _____

Mailing Address: _____

City / State: _____ Zip: Code: _____ Country: _____

Home Phone: (____) ____ - _____ Work/Cell Phone: (____) ____ - _____

Email Address: _____

Payment Information

Check and complete one:

- I am enclosing \$_____ as payment in full for Yoga in Santa Fe (\$875 prior to April 1st OR \$975 after April 1st). I understand that \$400 of that is considered a non-refundable deposit.
- I am enclosing a non-refundable deposit of \$400 for Yoga in Santa Fe. I agree to pay my balance of \$475 by April 1st for Early Registration or \$575 by May 1st for Late Registration.

Please make checks payable to: Debra Lynn Eden

Debra Lynn Eden
12766 E Sahuaro Dr
Scottsdale, AZ 85259

Cancellation Policy:

If I need to cancel, I understand that that I need to do so in writing and the request must be received prior to May 1st. The refund will be issued minus the \$400 non-refundable deposit within 30 days. No refunds will be issued for cancellations received after May 1, 2009.

I agree to the terms above and I have received a copy of this contract as my receipt.

Signature

Date

Retreat information

Flights:

Most major airlines fly direct to Albuquerque, NM. Albuquerque airport is a small and easy airport to navigate. Southwest airlines often have flights as low as \$49 each way.

Shuttle:

There are shuttle services that travel from Albuquerque airport direct to the Inn and Spa at Loretto. These shuttles run approximately \$45 round trip; the trip takes about 1 hour. In addition the Rail Runner is a train that runs from Albuquerque to Santa Fe (approx \$6). There are free city busses from the airport to the train depot.

www.sandiashuttle.com

www.nmrailrunner.com

Itinerary:

Below is an outline of our planned itinerary.

Thursday

4.00	Arrival and Check-in
5.00 – 6.30	Welcome Ceremony and Yoga
7.00	Dinner

Friday

7.30 – 8.30	Breakfast
8.30 – 10.30	Vinyasa Flow

Free time

4.00 – 6.00	Yin/Restorative
7.00	Dinner

Saturday

7.30 – 8.30	Breakfast
8.30 – 10.30	Vinyasa Flow

Free time

4.00 – 6.00	Yoga Workshop
7.00	Dinner

Sunday

7.30 – 8.30	Breakfast
8.30 – 10.30	Closing Ceremony and Yoga
11.00	Check-Out