



Sacred Art Yoga

Advanced Studies

Workshops & Retreats

A Five Day Yoga Retreat with Advanced Studies



at the San Geronimo Lodge in
Taos, New Mexico
October 3 - 8, 2010

*Awaken the Body, Expand the Mind,
Touch the Soul ...*

Join Becky and Raye Lynn for 5 glorious days of yoga at the beautiful San Geronimo. Built in 1925, the San Geronimo was the first resort hotel in Taos. With over 2 acres of natural serenity, the property boasts apricot trees on the banks of the Acequia Madre and an unfettered view of Taos Mountain. Walk the labyrinth, enjoy the hot tub or sauna, get a massage, play the grand piano, unwind and experience complete relaxation.

Just 2 miles from Taos with easy access to the many fine restaurants, galleries, museums and shops, yet out in the peaceful, relaxing, serene countryside, the San Geronimo Lodge offers the best of both worlds.



We will be offering two yoga classes daily, dharma talks, philosophy, pranayama, meditation, time to explore and/or relax. Breakfast and lunch included. Dinner gives us the opportunity to explore Taos and experience the local cuisine.

Arrive at The San Geronimo Lodge by 3:00 PM on Sunday, October 3rd.
Check out is at 11:00 AM on Friday, October 8th.
\$1150 double occupancy per person
\$1350 single occupancy per person
Payment covers lodging, yoga, breakfast and lunch.

To register, call, mail or come by with a deposit of \$500 to reserve your space. Deposits are refundable in full prior to August 1st, 2010. You may register through The Yoga Institute in Houston or Clear Lake, at the Heart of Texas Yoga, or by calling 713 526-6595.

2150 Portsmouth Street, Houston, Texas 77098 713.526.6595