

Poetry For the Body...

Yoga Retreat with Pasha Hogan



Leave the familiar behind and engage in the deeply spiritual work and play of learning to love yourself, both on and off the yoga mat.

Join respected yoga teacher Pasha Hogan in beautiful Santa Fe, where she will guide you through powerful breathing techniques, poses, intention, meditation and visualization. This is "*poetry for the body*" that opens the heart and mind.

Pasha Hogan is a certified yoga/meditation teacher in the tradition of T. Krishnamacharya and has been practicing, teaching and loving yoga for over ten years. She is a psychotherapist, Reiki Master and the founder of Creative Recovery™, a wellness program which empowers participants to live passionately, transforming life challenge into profound learning and healing experiences. To learn more about Pasha visit: Pashahogan.com.

Pasha's style of teaching is inspirational and non-intimidating, creating an atmosphere where each participant can find his or her way into yoga. Learn to experience life with your eyes and heart open, full of wonder, warmth and curiosity, embracing the possibilities change brings while loving yourself just as you are!

Students at all levels of practice are welcome for this healing and inspirational retreat.

Poetry for the Body ~ Yoga Retreat Details

Location: The Lodge at Santa Fe, in Santa Fe New Mexico

Duration: Thursday evening - Sunday morning

Yoga Retreat Package Includes: Morning & evening yoga classes, Organic local foods, Art & Cultural Tours, Swimming & Hiking, Reiki & Massage treatments available

- Over 9 hours of Yoga Instruction
- 3 nights lodging in deluxe king or double room
- 3 Full Hot Breakfasts
- Opening Reception
- Culture Passes which allow access to many of the major New Mexico museums and historical sites.
- Free shuttle to downtown shopping, restaurants and sites

Retreat dates are scheduled for the following:

October 28 - 31, 2010 (Minimum of 10 people required for retreat)

November 18 - 21, 2010 (Minimum of 10 people required for retreat)

Total Package pricing:

Single Occupancy ~ \$745.38 / Double Occupancy ~ \$497.52 per person sharing

Package price includes all taxes and gratuities and complimentary shuttle service to and from the Historic Santa Fe Plaza. This Package will be booked directly with the Lodge at Santa Fe, and a 50% Deposit will be due 30 days prior to arrival. Balance due upon check in.

Call Valerie Pforter at the Lodge at Santa Fe to reserve your Yoga Retreat!

Phone: 505-992-5800 Direct: 505-992-5853 / vpforter@hhandr.com

Testimonials from students:

"Yoga with Pasha is a spiritual experience. She somehow ignites in me a sense of deep acceptance and self-love. I always end up leaving the class much more in love with myself than when I went in!"

Anna Darrah, Spiritual Cinema Circle

"Pasha's classes are grounded in the wisdom of the feminine; infused with the wisdom of what it means to soften and to open to life... her presence is deeply grounding and her work in meditation and inquiry give the classes an uncommon depth." Jennifer Ferraro



The Lodge at Santa Fe is located just five minutes from the historic Santa Fe plaza with plenty of indoor and outdoor space for Yoga Class, Meals, and intimate gatherings. www.lodgeatsantafe.com