

# Yoga, Art & Hiking 2 in Santa Fe, NM

Oct. 29-Nov. 3, 2010

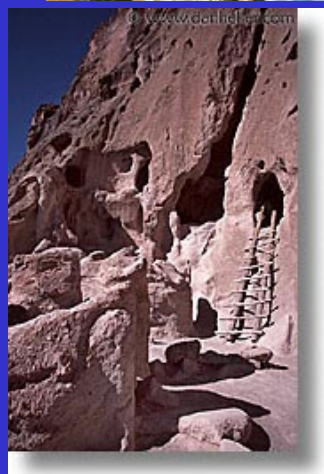
“Seeing with new eyes”



The practice of Kripalu and Pranakriya Yoga is about finding new ways of experiencing one's life fully on and off the mat and finding the wonder in every moment. Our yoga practice in Santa Fe will include "on the mat" time each day with morning meditation and breathwork and afternoon yoga classes designed to stretch and energize our bodies. These classes will be accessible to everyone - novice or seasoned practitioner.



Much of our yoga practice will be "off the mat" as we dive into an exploration of the rich landscape that inspires artists world wide. Enjoy hiking Bandelier National Monument, spending a day relaxing at Ojo Caliente in the natural mud baths and hot springs after yoga in a yurt, viewing Allan Houser's Sculpture Garden, walking around Madrid, as well as viewing the works of many other local artists. Our trip will also include a full day in Santa Fe with passes to both the NM History Museum and NM Museum of Art. We'll also visit the Kakawa Chocolate House to sample chocolate elixirs.



## Price per person

Double Occupancy—\$1100

Single Occupancy—\$1550

### Price Includes:

- 5 night accommodations at the Inn on the Alameda ([www.innonthealameda.com](http://www.innonthealameda.com)), one block from the Santa Fe Plaza
- 3 delicious meals (with vegetarian options) daily except where noted (lunch in Santa Fe and at Ojo Caliente not included)
- Transport to and from the Albuquerque Airport and around to all sites
- Day trips to the National Indian Cultural Center, Bandalier National Monument, The Allan Houser Sculpture Gardens, Ojo Caliente, Madrid, Santa Fe, and a Restaurant Crawl with a chef from the Santa Fe School of Cooking

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