

**Patricia Walden's** teaching combines a methodical approach of the Iyengar method through her deep personal experience with the philosophy of Yoga as understood within asana, pranayama, the other aspects of this practice, and its relevance to every day life. She teaches Yoga worldwide and is recognized as one of B.K.S. Iyengar's Senior teachers in the US. She has co-authored a definitive guide "A Women's Book of Yoga and Health- A Lifelong Guide to Wellness."

This workshop is open to **INTERMEDIATE** students with a minimum of five years experience within the Iyengar tradition. Students must be able to do: **Adho Mukha Vrksasana** (with wall), 10 minute **Sirsasana** and then variations, 10 minute **Sarvangasana**, **Urdhva Dhanurasana** from the floor. If you have an injury or other challenge, you need to know how to work with it on your own. In addition to asana practice there will be some study of the **yoga sutras** and **pranayama**.

### Class Schedule

Wed.- Fri. 10 am-1 pm 4-6 pm

Sat. 9 am – noon

#### **PROPS:**

Please bring ALL of the props you will need for your own practice. Minimally 1 non-skid mat, 3 blankets, 2 blocks, 1 belt and a copy of the **Yoga Sutras**.

#### PAYMENT POLICY

**50% DEPOSIT** will hold your reservation.

**BALANCE DUE NO LATER** than SEPTEMBER 1, 2017

#### CANCELLATION POLICY- PLEASE READ

WRITTEN notice of your CANCELLATION must be received no later than Aug. 30<sup>th</sup>. Provided your spot can be filled from **White Iris Yoga** waitlist, your refund is registration fee LESS \$200 administrative fee.

If Patricia is unable to teach retreat due to personal or family emergency she will choose a senior teacher to teach in her place.

### Lodging ~ Accommodations

18 hours of class ~ 10 meals ~ 4 nights stay

All-inclusive pricing **PER PERSON**

**SANTA MARIA** \$1485 single / \$1240 double

Spacious private room with bath. Each room has a different bed set-up (Queen, single or both) and will be assigned as registrations are received.

**\*SINGLE OCCUPANCY IS VERY LIMITED!**

First come, first served and then will wait list.

**SAN MIGUEL** single N/A \$1240 double

Suite with Queen bed and bath. Perfect for couples. **VERY LIMITED**

Due to less accommodation availability this year you are encouraged to partner and share a room.

Please indicate roommate preference on registration form, if applicable.

**TEN DELICIOUS vegan/vegetarian MEALS** are included beginning with TUESDAY evening check-in and ending with SATURDAY a.m. breakfast. **Friday eve** you are on your own to explore the diversity and quality of Santa Fe cuisine.

**MEAL PACKAGES ARE AVAILABLE** for off-site attendees:

Single lunch \$16/Single dinner \$22/ 3 lunch pkg. \$45

3 dinner \$62/ 3 lunch and 3 dinner pkg. \$105

**Reservations for meal pkg.** must be received **NO LATER** than 1 week prior to retreat start date.

#### **Questions?**

**PLEASE** Call 719-686-9642 (YOGA) or email Gail Ackerman at [whiteiris@newmexico.com](mailto:whiteiris@newmexico.com)

### IHM Retreat and Conference Center

This retreat has been specifically planned and structured to afford out of town guests and local students/teachers the opportunity to study with Patricia and enjoy this unique facility, formerly a Catholic Seminary. The property is home to a Carmelite monastery. Because of the contemplative nature of the property guests are encouraged to honor this quiet space.

The retreat atmosphere is enhanced by the absence of phones and television in the rooms. **WiFi** and a public phone (for local calls only) are available in the Santa Maria lobby.

You will receive a **CONFIRMATION LETTER** with important **ARRIVAL/DEPARTURE** information once your deposit is received. It will include directions to the IHM from the Albq. Airport and shuttle bus options.

**CHECK-IN** for residents is on Tues. Nov 7 from 2:00-7:00 pm.

**LATE ARRIVAL:** after 8:00 pm. is discouraged. Please make travel plans accordingly.

There is a **10:00 pm** curfew (all buildings are locked for the safety of guests/belongings)

**However**, once guests check-in and receive key card you are welcome to come and go at your leisure.

Santa Fe, NM. sits at 7,000 ft. in elevation. Drink plenty of water. Weather in Nov. is variable. Plan to dress in layers. Easy, excellent hiking borders the property and world-renowned museums are within walking distance. A short ride down the hill takes you to the heart of downtown Santa Fe.

***Patricia considers establishment of community an essential part of our time together. For this reason and the continuity it affords the entire group ONLY full time attendance is allowed.***

**REGISTRATION-PRINT AND RETURN  
with your check or money order.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/contact info:

\_\_\_\_\_ Cell# \_\_\_\_\_

Email \_\_\_\_\_

**CHOOSE HOUSING OPTION**

All-inclusive pricing **PER PERSON**

Please indicate your choice

Single Double

**Santa Maria** \$1485 \$1240

**San Miguel** N.A. \$1240

Roommate preference if applicable:

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Off-site attendance \$800

MEAL PKG. CHOICE \_\_\_\_\_

**PAYMENT POLICY**

50% DEPOSIT of housing option chosen will reserve your space.

BALANCE DUE SEPTEMBER 1, 2017. **PLEASE PRINT & RETURN COMPLETED REGISTRATION FORM** with your check or money order made payable to:

**White Iris Yoga**

**1652 Sunshine Circle**

**Woodland Park, CO 80863**

Any questions PLEASE contact 719-686-9642(YOGA) or email Gail Ackerman at [whiteiris@newmexico.com](mailto:whiteiris@newmexico.com)

White Iris Yoga

1652 Sunshine Circle

Woodland Park, CO 80863

[www.woodlandparkyoga.com](http://www.woodlandparkyoga.com)

# Patricia Walden

Intermediate Residential Retreat



*4-Day Retreat*

November 7-11, 2017

IHM Retreat and Conference Center

Santa Fe, New Mexico

Sponsored by

White Iris Yoga

