



Relax and Restore Your Life's Rhythm

G220726

Susan Weber

JULY 10 -16, 2022

Dear Participants of Relax and Restore Your Life Rhythm,

Thank you for enrolling in this class, an eclectic approach for tuning inward with the inspiring background of Ghost Ranch, July 10-16. We will begin the day with inspired readings, journaling, a moderate yoga practice, and centered breathing and meditation practices, some sitting and walking. The evening class will be more restorative with yoga, walking the labyrinth or doing some short walks and standing postures with the setting sun. A field trip to Christ in the Desert Monastery with lunch by the Chama River and some journaling there might be a possibility.

Yoga mats and props are provided and you are welcome to bring your own if you wish. I suggest good walking shoes, a sun hat, sunscreen, bug repellent, layers for cooler mornings, and stretchy clothes for yoga. Also, a small backpack or bag, water-bottle and journal or notebook, all of which can be purchased at the Trading Post on the Ranch if you wish.

There is plenty to fill your time outside the class such as swimming, horseback riding, tours on the Ranch and a wonderful library. Massage may be available or simply sit in an Adirondack chair and enjoying the amazing scenery!

I look forward to meeting you for a meaningful week of relaxing and renewal. If you have any questions, feel free to contact me by email at susankweber@icloud.com. Until then, travel safely and all the best to you and yours.

Namaste!

Susan Weber BA, LMT, LYI

EDUCATION & RETREAT CENTER

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