

Yoga Retreat
Steamboat Springs,
Colorado
October 8th and 9th, 2011



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Experience the beauty and tranquility of the Rocky Mountains. Practice yoga overlooking groves of aspens and mountains as far as the eye can see. Let nature work its magic – slow down, relax and soak in the inspiring scenery. Tucked away in Northwest Colorado, Steamboat Springs is the perfect place to practice yoga and be on retreat. You'll return home with a new outlook on your life.

This retreat is designed for all ages and abilities. We've created a unique schedule to allow you to create the perfect retreat to 'spark your soul'.

Logistics

Where: Steinberg Pavilion, Perry Mansfield Performing Arts Camp

Time: 7.30am-4.00pm each day

Meals: Breakfast and lunch are included each day

Rate: \$175 (or \$195 after September 1) or \$100 per a day.

Schedule (subject to change)

Saturday

7.30-8: Meditation

8-9: Vinyasa Flow Yoga

9-10: Breakfast

10-12: Alignment Workshop OR Aryurveda Workshop

12-1pm: Lunch

1-3pm: Yoga/ Writing workshop OR Yoga/Dance Workshop

3.15-4pm: Yoga Nidra

Sunday

7.30-8: Meditation

8-9: Kundalini Yoga

9-10: Breakfast

10-12: Inversion workshop OR Chanting Workshop

12-1pm: Lunch

1-3pm: Acro Yoga OR Raw Food Seminar

3.15-4pm: Partner Thai Yoga Massage to end the day

You will need to bring your own yoga mat and a blanket. If you have props, please bring them. We will have a limited number of props available. Water bottles, snacks and coffee mugs are recommended.

SCHEDULE

Yoga & Meditation

We will begin and end each day with meditation and yoga. These practices allow us to center and open our minds, settle into the moment and reconnect with our selves. Practiced at the end of the day, these practices ensure we take time to reflect upon the day and connect the dots. These classes are for all levels and no prior experience is necessary.

- **Saturday Morning Yoga Flow:** Set the tone for the rest of your day with strength, balance and grace in seamless sequences to empower mind and body both on and off your mat. An all levels experience involving modifications or expansions appropriate to each individual.
- **Saturday Afternoon Yoga Nidra:** Also referred to as yogic sleep, this practice leads you into a deeply meditative state while lying still and listening to the teacher's voice. This extreme relaxation can help reduce tension and anxiety as well as explore spirituality and our connection to a larger perspective. One hour of practice can feel equal to three hours of deep, restful sleep due to various rejuvenation qualities.
- **Sunday Morning Kundalini:** Explore unique combinations of repetitive movements, breathwork, mudras (yoga of the hands), gaze points, chakras, intentions, meditations and mantras (internal and spoken). Kundalini is an instinctive, subtle energy residing at the base of the spine. When awakened it moves upward through the chakras (energy centers), empowering your true nature and self-expression. This yoga tends to spark personal transformation, invoke glandular/emotional balance and recondition the nervous system to respond versus react. To learn more visit www.allibrook.com.
- **Sunday Afternoon Partner Thai Yoga Massage:** This fully-clothed massage invites you to relax and receive gentle stretches, reflexology, acupressure and more. While giving your partner this guided massage, a gentle focus of moving meditation is on Metta (loving kindness).

FOOD

Our nourishing food will feed your soul. Emphasis is placed upon seasonal, fresh and local. A light breakfast consisting of fresh fruit, home-made baked goods and coffee and tea will be offered each morning. A healthy vegetarian buffet lunch will be provided each day. We will also be featuring raw food this year. Please bring your own water and snacks.

WORKSHOPS

Each morning and afternoon, we will offer a selection of workshops that will focus on yoga, creativity and life exploration. By offering these workshops, we hope that each and every participant will be able to create their own perfect retreat. We have chosen workshops that will broaden your perspectives and widen your knowledge and understanding of yourself and your yoga practice.

Alignment Workshop: Taught by Alex Pallut & Karen Goodman

The aim of this workshop is to answer all the questions you've never had the opportunity to ask. We'll begin at the beginning – together we will explore sun salutations, popular standing poses and time permitting gentle backbends and inversions. We'll use props and partners to help us understand poses and explore macro and micro adjustments. Come prepared with an inquisitive mind and a willingness to play. This workshop is designed for all levels.

Ayurveda - Creating Health: Taught by Patty Zimmer

Ayurveda, the Science or 'Art' of Life, is the oldest written and continuously practiced medical system in the world. As the health and lifestyle companion to Yoga, it offers time honored therapies and treatments from nature. This workshop will focus on a basic understanding of our unique combination of the 5 great elements of nature: Space, Air, Fire, Water and Earth and how we can cultivate an awareness of our personal combination of these elements/Doshas to help bring health and vitality to our daily lives. This workshop will be a combination of seminar and asana practice.

Yoga/ Writing: Taught by Karen Goodman

Practicing yoga and embracing the true meaning of "yolking" or opening that comes with it, we will link this opportunity with the creative expression of writing. By deeper exploration of breath work, physical poses, observation and meditation, we will explore the play between the written word and yoga. We will practice several exercises to promote and enhance both our writing and all aspects of yoga. Come write and explore!

Poetry In Motion – an exploration of Yoga and Dance: Taught by Julia Horn

To begin to dance within the practice of yoga can bring such freedom and heartfelt joy to body and mind. When we explore intimately, the inner universe, as the practice of yoga facilitates, the dance that we find becomes a song of the soul. In this workshop, we will tap into the wellspring of creative pulsation that is our birthright, listen deeply to its beckoning, and then, collectively, surrender to the flow of creation as it moves through and with our bodies. Come ready to listen, honor, offer, and PLAY! All levels welcome.

Chanting Workshop: Taught by Nina Darlington

In this workshop we will experience the healing vibration of sacred chanting from ancient Indian tradition. We'll learn two commonly heard mantras which are prayers for protection, wisdom and peace. Explore the healing Sanskrit sounds you produce in your own body, with a group in a beautiful setting. You will come away from this workshop able to incorporate these mantras into your everyday practices. No prior experience is necessary - don't worry, it's not singing. We'll have fun!

Intent to Invert: Taught by Meghan Stockdale

This workshop will begin with an exercise of love for our yoga practice and creating the intention to invert through discussion, contemplation and writing. Our discussion will evolve to the 'who, what and why's' of inverting, leading us into our Asana practice which will unfurl to standing with love on our hands! (Yes...this is all levels :))

Healthy Food for a Healthy Soul: Taught by June Florence

We will discuss and answer the following questions: What is healthy food? What choices should I make? How can I individualize my diet plan? How can I make lasting changes? Our discussion will be followed by a food demo and tasting – a delicious way to end!

Acro Yoga: Taught by Alli Brook and Alex Pallut

A fun and playful workshop combining the connection and trust of partner yoga with the excitement of inversions and small acrobatics.

- . •Warm up with a group circle and yoga flow to attune to practicing with others
- . •Begin communication and synchronizing of breath with partner stretching
- . •Play with acrobatic formations in groups of three as the spotter, base and stacker
- . •Explore Therapeutic Flying as the base (supporting your partner), flyer (being supported), and then spotter

Focus is on safety and good communication throughout. The only pre-requisites are a sense of humor and a willingness to surprise yourself! This workshop was one of the most popular workshops at the 2010 retreat! Expect some repeated content from last year as well as new postures and formations. Some yoga experience is recommended and it is helpful to be able to touch your toes (i.e. to have open hamstrings and back body) although modifications are available. Read more at www.allibrook.com

COLORADO SOULSPARK TEAM

Meghan Stockdale, RYT - Yoga Teacher

A devoted student and teacher of flow, Meghan discovered yoga in 2000 after injuring her spine. She became a self-taught student of Iyengar Yoga to grow stronger and heal her body and soon embraced the yogini lifestyle whole-heartedly. She studied and was certified at the Shoshoni Yoga Retreat and has been teaching for over 6 years now. Bringing to the mat seamless sequences with her own blend of foundational principles, pranayama, core strengthening and finding inner guidance. In 2008 she was certified as a Pilates mat instructor through the unique style of the Pilates Training Institute in Steamboat Springs, Colorado. Meghan is the creator and director of Soul Tree Studio in Lafayette, CO and looks forward to bringing your life into balance through fun, challenging and inspiring classes.

Alli Brook, RYT - Yoga teacher

Alli began exploring yoga in her early teens and now is a Hatha graduate of Yandara Yoga Institute, a Kundalini graduate of Golden Bridge Yoga, and a lifelong disciple of this union of all. Her classes blend Iyengar alignment, Vinyasa flow & Kundalini inspiration to support the navigation of life changes with grace and ease. As part-owner of the Yoga Center of Steamboat she intends for a yogic integrity to inspire business. She enjoys connecting with the larger yoga community as a member of the Board of Directors for Yoga Teachers of Colorado. Her private practice of Theta Healing & Healing Touch energy work (for humans & animals) blends intuitive guidance with many other self-awareness studies. She also offers Virtual Assistant services to help small business owners grow their dreams into reality. She is honored to experience the blending of spiritual connection into everyday life, and to play among the roles of both student and teacher. For more information on her many offerings visit www.allibrook.com.

Karen Goodman – Yoga Teacher

Karen received her 200-hour yoga certification through the Marianne Wells Alliance School in Costa Rica and has been practicing varied forms of yoga for the past ten years. She has been lucky enough to travel to far reaches of the globe and always finds her mat to be a safe and familiar place. As a lifelong lover of learning, Karen often seeks deeper understanding of different aspects of yoga and is always eager to share what she has learned with others. She can be contacted at 970-846-4226 or via email at k2goodman@hotmail.com

Nina Darlington, E-RYT 500 - Yoga Teacher

Nina has been a student of yoga for 40 years, and while she continues to study, she has been teaching and offering yoga therapy for the last 14 years. Nina received her first certification from Ananda (a spiritual community devoted to the teachings of Paramahansa Yogananda), and subsequent certifications from Gary Kraftsow (Viniyoga) and from A.G. and Indra Mohan in India (teachings in the lineage of Krishnamacharya).

Nina has also studied vedic chanting with Sonia Nelson and other vedic chant teachers. Currently Nina is one of the owners and directors of The Yoga Center of Steamboat, where she teaches weekly classes and offers private yoga therapy and private yoga instruction. She can be reached at 970.879.3208 or at yogana@springsips.com

Patty Zimmer, RYT - Yoga teacher

Inspired by the teachings of Deepak Chopra, Patty received her Yoga certification from the Chopra center in 2005. This began her journey into the world of Ayurveda, a sister science to Yoga that focuses on wellness and balance of body and mind. Her Ayurvedic studies include the Chopra workshop, Journey into Healing with Drs. Deepak Chopra, David Simon, David Frawley, and Jeremy Geffen. Patty is an Ayurveda Yoga Specialist having received her training with Scott Blossom, whom she has studied with for several years.

You can sense her love of Yoga and Ayurveda in the Hatha Vinyasa classes she teaches at the Yoga Center of Steamboat, where she is also an owner-partner. And, when classes don't fulfill the personal attention you need, she offers Thai Yoga Massage, which is steeped in the Ayurvedic tradition of healing. To contact Patty: 970-846-5608 or via email at zimmer@springsips.com.

June Florence – Our food guru!

June is the owner and manager of Fresh Start – a nutrition and lifestyle education resource in Steamboat Springs, Colorado. Currently June teaches classes in live food preparation, facilitates juice cleanses, offers superfoods, organic always refrigerated nuts/seeds, amazing olive oil, and many other delights in the Fresh Start Store, as well as schedules individual consultations. June has a Masters degree in Live Food Nutrition and is constantly researching the cutting edge of this evolving health field. A “cookbook” is in the works as are other exciting projects.

Alexandra Pallut – Yoga Teacher/ Host

Alex is the founding director of SoulSpark Journeys. She is certified through the Ashtanga Yoga School of Montreal. She took her first yoga class here in Steamboat over 7 years ago and since then has traveled the world with a yoga mat in her backpack. Alex enjoys sharing her passion for ashtanga, vinyasa flow and restorative yoga with her local community. She will be hosting and instructing at the October retreat. You can contact Alex at 510 882 7126 or via email at info@soulsparkjourneys.com

Julia Horn

Julia began yoga at an early age by crawling around on a practicing mama in the Appalachian mountains of North Carolina. This was the beginning of a life-long study and curiosity. In addition to her family and origin of birth, some of her most influential teachers along the way have been Genny Kapuler, Richard Freeman, Jack Kornfield, Shri Dharma Mittra, Kofi Busia, Edward Clark, and Parvathi Nath. Julia performed worldwide as a principal member of the Yoga-Dance troupe, Tripsichore Yoga Theater. Since then, she has become a teacher and choreographer of great merit. She has created original yogic performances for a world tour of Hong Kong, Singapore, Bali, Thailand, Paris, and Iceland. She is also a Graduate of the Tisch School of the Arts, and North Carolina School of Dance. Her diverse performance background and small mountain-town upbringing, infuse her teaching and performance with a rich, artistic, and nature-driven vision that inspires students of all levels. Her most recent passion has been working with and learning from those dealing with cancer. Julia is based in Philadelphia, where she teaches at Studio 34 Yoga and Arts Center and University of Penn Med School.

ADDITIONAL INFORMATION

Where is Steamboat Springs located?

Steamboat Springs is located in northwest Colorado, about a 3.5 hour drive from Denver. From Denver, take I70 West to Silverthorne and then take HWY 40 through Kremmling and over Rabbit Ears Pass. Hayden airport (HDN) is located 35 miles from Steamboat. Go Alpine (www.goalpine.com) runs shuttles from Denver and Hayden airports.

Where is the retreat being held?

The retreat is being held at the Steinberg pavilion at Perry Mansfield Performing Arts Camp (www.perry-mansfield.org). It is located a couple of minutes by car from the town of Steamboat Springs. We will also be holding workshops at the Yoga Centre of Steamboat Springs, (www.yogacentreofsteamboat.com) located in downtown Steamboat.

Perry Mansfield: 40755 Routt County Road 36, Steamboat Springs

Yoga Centre of Steamboat: 701 Yampa Avenue, Steamboat Springs

Can you recommend a place to stay in Steamboat?

Camping options: KOA Campground in town and wild camping on Buffalo Pass.

Rustic cabins at Perry Mansfield: Call Pioneer Ridge at 970 879 0517

Private homes and condos: www.movingmountains.com or call 970 870 9359

Bed and breakfast: Mariposa B&B, Alpine Rose B&B

Hotels: Rabbit Ears Motel, Sheraton, The Grand, Hampton Inn, Nordic Lodge

For more information:

Steamboat Chamber of commerce: 877 754 2269, www.steamboat-chamber.com

Can you recommend a spa in Steamboat Springs?

We have partnered with One Steamboat Place to bring you a unique spa experience. Retreat participants receive a 30% discount on spa treatments. Typically this spa is only available for guests staying at One Steamboat Place so this is a unique opportunity just for SoulSpark participants. More information on treatments can be found online:

<http://www.onesteamboatplace.com/amenities/the-spa>

Can you recommend a massage therapist in Steamboat Springs?

There is no shortage of massage therapists in Steamboat; here are a couple of our favorites!

Julie Tucek - 970 819 2796

Paula Begay – 970 879 6022

Patty Zimmer – 970 870 9985

Can you recommend other activities in Steamboat?

One of our favorite things to do after a yoga session is to soak at the natural hot springs downtown (Old Town Hot Springs) or up in the mountains (Strawberry Park Hot Springs). Or book a massage, go for a hike or hop on your bike!

Old Town Hot Springs - 970 879 1828, <http://steamboathotsprings.org>

Strawberry Park Hot Springs - 970 879 0342, <http://www.strawberryhotsprings.com>

Can you recommend a place for dinner?

Fine Dining - Cafe Diva, Bistro CV

Italian Cuisine – Riggios, Cugions, Mazzolas

Local and organic - Sweet Pea Cafe

Casual American Fare- Mahogany Grill, Rex's

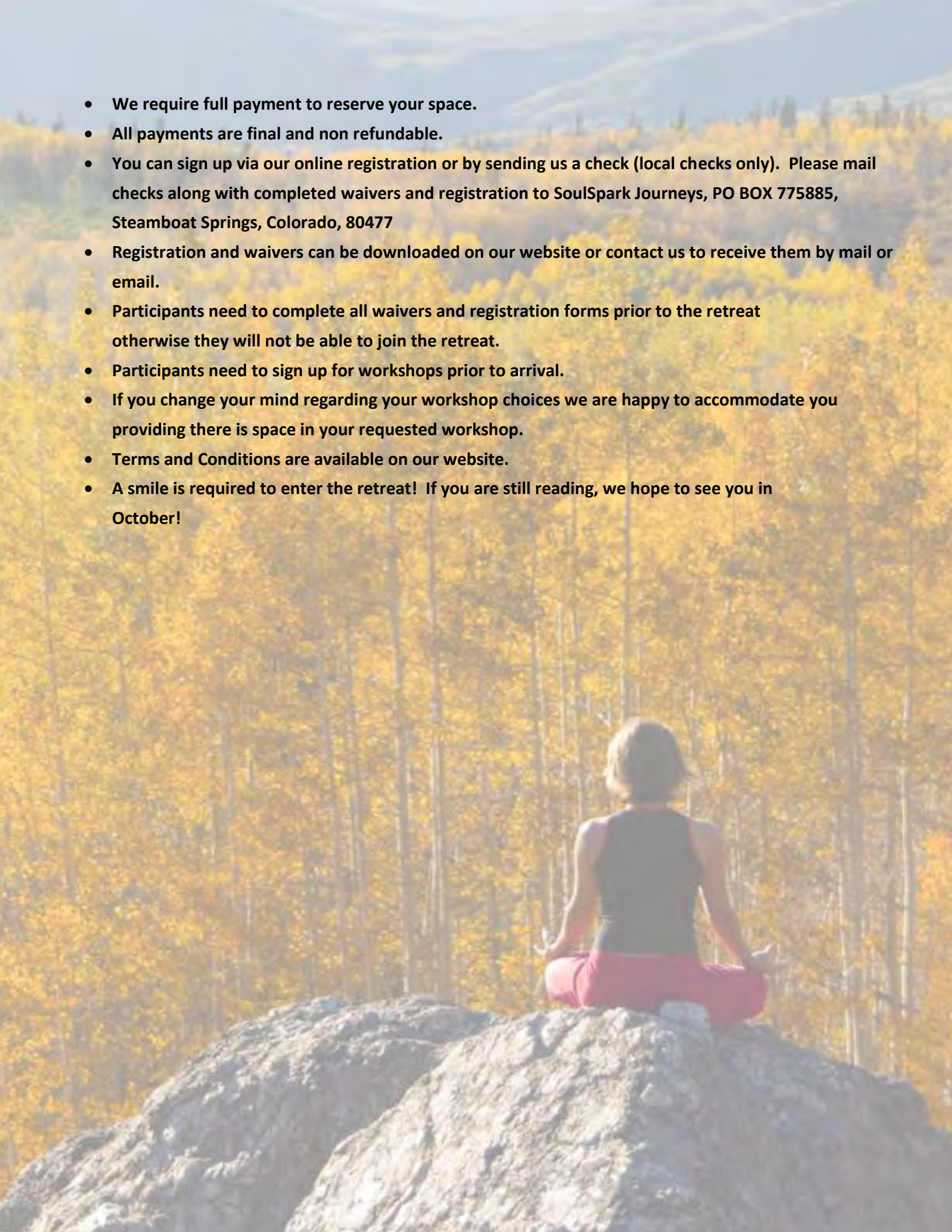
Desert - Ciao Gelato – homemade Italian gelato

Can you recommend a good coffee shop?

Amante – Wildhorse Plaza, located between downtown and the mountain

Steaming Bean – 635 Lincoln Avenue, located downtown

Still have questions – don't hesitate to contact us for more information.

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- A person with short hair, wearing a black tank top and red pants, is sitting in a meditative pose on a large, grey rock. They are facing away from the camera, looking out over a dense forest of trees with vibrant yellow and orange autumn foliage. In the background, there are rolling hills or mountains under a clear blue sky. The overall scene is peaceful and serene.
- We require full payment to reserve your space.
 - All payments are final and non refundable.
 - You can sign up via our online registration or by sending us a check (local checks only). Please mail checks along with completed waivers and registration to SoulSpark Journeys, PO BOX 775885, Steamboat Springs, Colorado, 80477
 - Registration and waivers can be downloaded on our website or contact us to receive them by mail or email.
 - Participants need to complete all waivers and registration forms prior to the retreat otherwise they will not be able to join the retreat.
 - Participants need to sign up for workshops prior to arrival.
 - If you change your mind regarding your workshop choices we are happy to accommodate you providing there is space in your requested workshop.
 - Terms and Conditions are available on our website.
 - A smile is required to enter the retreat! If you are still reading, we hope to see you in October!