

ANUSARA RETREAT

Aravaipa Canyon Yoga Retreat with Amber Huttner
March 21-26, 2010
Aravaipa Canyon Ranch, Tuscon, AZ

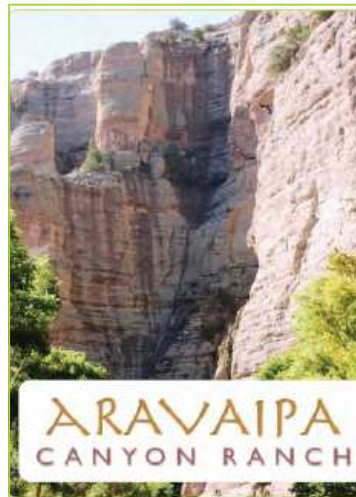
The desert has a way of tugging at all the knots within you and gently, yet thoroughly, unwinding them. Radiance sets in, your mind clears, and you remember how deeply connected you are to the beauty all around you. The entire blue sky fills your heart with gratitude and you are awash in the certainty that goodness surely is in the world. Experience the glories of the desert at the magical time of the equinox where each day will be filled with the desert experience—energizing and healing yoga sessions, guided trail and river hikes, and lots of quiet moments for deep reflection. Please join us—It's all good!

Amber



Aravaipa Canyon presents outstanding scenery, wildlife, mountain vistas, saguaro forests, and a rich history.

The Ranch offers 55 acres of land providing endless hiking and canopies of shade trees accompanied by sounds of the creek from almost everywhere on the ranch.



Retreat Leader: Amber Huttner is a highly trained and well-known teacher, certified in Anusara yoga in 2001. She brings a wealth of technical expertise along with humor, compassion and heart-felt instruction to her teaching. Her students benefit from her enormous enthusiasm for life and dedication to helping them laugh, learn, grow and appreciate their lives on every level.

Good Life Yoga
18285 Minnetonka Boulevard
Deephaven, MN 55391
952-913-6557
goodlifeyoga.com

Dates: March 21-26, 2010

Arrive at the Ranch on Sunday, March 21 by 6:00 p.m. We will share a meal together and get settled in. Depart on Friday, March 26 by noon.

Travel: The Ranch is a ninety-minute drive from both Tucson and Phoenix airports. If you would like to participate in a carpool, please let us know.

Accommodations: Comfortable, spacious bedrooms and bathrooms are designed to be shared. More information on accommodations will be sent with your confirmation.

Meals: All meals will be provided at the Ranch with some prepared together as a group. Please let us know if you have any dietary needs.

Daily Schedule: We will be flexible but plan on several hours of yoga each day, plus other activities such as guided trail and river hikes.

Cost: \$1325 per person based on double occupancy. Includes lodging, meals, yoga, and other group activities. Deposit of \$500 holds your space, with the balance due on March 1, 2010.

Reservations: Call 952.913.6557 or email at Amber@goodlifeyoga.com