

What: Jivamukti Yoga Retreat: a yoga & hiking adventure

When: March 13th – 17th, 2017

Where: St. George, Utah

Red Mountain Resort, steps away from Snow Canyon State Park, and 1 hour from Zion National Park

<http://redmountainresort.com/>

Who: April Dechagas and the Hiking Guides of Red Mountain Resort

Prices: \$1,170 Double Occupancy*
\$1,400 Single Occupancy*

More Info/Questions: aprildechagas@gmail.com

Did you know that Zion means “place of peace and relaxation” in Hebrew?” Join April and the hiking guides of RMR this March in southwestern Utah, where we will be staying at the Red Mountain Resort, and all-inclusive luxury retreat center.

Practice yoga each day with the beautiful red rocks of Snow Canyon State Park right in your backyard!

Each day will include meditation and yoga class, and optional workshops with April, a guided hike by the resort staff, and plenty of free time to chillax. Hikes are offered at the explorer, challenger and endurance levels.

If you are not interested in hiking there are plenty of other activities to keep you busy, as well as an on-site spa.

Cont.

Zion National Park: A day-trip to Zion National Park will be offered. There is an additional cost of \$170 per person.

Rates Include: 5 Days/4Nights Accommodations and tipping for resort staff, asana classes, workshops and meditation, guided hiking, airport transportation (if flying into St. George – see below for travel options), 3 meals a day, personal discovery activities and cooking classes offered by resort, use of indoor and outdoor seasonal pools, hot tubs, bicycles, walking trails and other amenities.

TENATIVE DAILY SCHEDULE

(Schedule subject to change. A full schedule for the week will be sent before trip. All activities are optional)

6:30 or 7:00 am Breakfast (Depends on hike start time)

7 or 7:30 am Meditation

7:30 or 8:00 – 11:00 am Guided Hike

12:00 – 1:00 pm Lunch

3:00 – 4:00 pm Optional Workshop (example – chaturanga or handstand clinic)

4:00 – 6:00 pm – Yoga class

6:30pm-7:30 pm Dinner

8pm Satsang

9pm SLEEP!

ACCOMODATIONS

(All prices are per person, check Red Mountain Resort's website to see images of the units)

<http://redmountainresort.com/deluxe-rooms>

All rooms include: Oversized soaking bathtub/shower combination, Double bathroom sinks in granite vanity, Luxurious bathrobes, Spacious closets, Hypoallergenic comforters, 100% cotton sheets, NXTV with cable television and in-room movies, Complimentary Wi-Fi in rooms and throughout the luxury resort, 42" flat-screen, high-definition televisions, Full soaps and shampoo, Voicemail,

Iron and ironing board, Coffee maker, Air conditioning and heating units, Combination safe, Hair dryer, Access to coin-op laundry facilities

Deluxe Double \$1,170

Two Full beds, sleeps 2

Deluxe King \$1,170 per person (Option for couples traveling together)

One King Bed, sleeps 2

Dragonfly Solo \$1,400

One Full Bed, sleeps 1

ARRIVING & DEPARTING

You have two options for travelling to Red Mountain Resort:

- 1) Fly directly to St. George, Utah, (Airport code – SGU). If travelling via St. George, a free 30-minute shuttle to and from the resort will be provided.
- 2) Fly into Las Vegas McCarran Airport. You will have to pay for a 2-hour shuttle service from Vegas to the Red Mountain Resort. St. George Shuttle has a drop off right at the resort center, but there are other shuttle options as well:

St. George Shuttle
800.933.8320
www.stgshuttle.com

St. George Express
435.652.1100
www.stgeorgeexpress.com

Get Around Car ☐
☐435.231.2246
www.getaroundcar.com

OWLS Transportation ☐
☐1.844.RIDEOWL
www.rideowls.com/

Depending on what you value (saving time vs money) it might be cheaper to fly into Vegas and pay for shuttle (or not – airline prices change all the time!) Do your research and make the best decision for you!

PACKING LIST ESSENTIALS

Note that temperatures in Southern Utah this time of year range from mid-60's to mid-70's during the day, and mid-40's at night

For outdoor adventures we recommended wearing removable layers, as mornings may be cool and warm quickly. Wear hiking boots or shoes that are lightweight and well-vented with traction; avoid sandals or anything open-toe. Also wear good wool or synthetic hiking socks; we advise against cotton.

In addition to above recommendation:

Yoga clothes

Swimsuit

Pool shoes

Sunscreen

Hat/Visor

Sunglasses

Water bottle/hydration pack for hiking

Rain jacket (it RARELY rains, but just in case...)

Yoga Mat (there are some there, but there will be other classes going on while we are there, and I cannot guarantee they will not already be in use)

Yoga props if you want (blocks or belts)