



Mountain~Desert~Sky ~Yoga~

5 Day / 4 Night
Yoga Retreat
with
Debbie and Dorinda
February 19th - February 23, 2022





Going on retreat is an invaluable practice that helps us center ourselves and re-charge our batteries.

Please join us this late winter at Rancho La Puerta, where we can nurture ourselves through the practice of yoga, which has been such a solid support throughout the last many months.

Enjoy a daily yoga class with us, then free time exploring all that The Ranch has to offer.

Members of our yoga community are welcome along with friends or partners with yoga experience.

The group will be limited to 25 participants.



Location

We are thrilled to take a group

to Rancho La Puerta, a legendary wellness and fitness spa located in the coastal mountains of Northern Baja California with a rich eighty-year history. Affectionately referred to as “The Ranch”, it is returned to year after year by people from all over the world. It is truly unique – take a look at their [website](#).

The Ranch, which houses a cooking school and organic farms, serves fresh cuisine including dairy, eggs and seafood. The meals are low in fat, sodium and refined flour and sugar - while high in energy, fiber, and complex carbohydrates.

When you’re not eating, moving through your daily yoga practice, or resting in a hammock with a good book, you have a range of activities to choose from including: guided hikes on their 4,000 acre property, a range of fitness classes (aquatic, strength, racquet sports, salsa dancing, cardio), meditation classes, sound-healing, four pools, an art studio, a juice bar and wine bar, lectures and concerts!

Set in a valley at the base of the sacred Mt. Kuchumaa, The Ranch is a place that encourages eating well and being physically active.





Getting There

The Ranch provides transportation to and from the San Diego International Airport at various times. You can book your flight in and out of San Diego. Once you register, we'll let you know the timing of the shuttle busses so you can select flights that work well. You will need a valid passport and tourist visa.



Registration

If you would like to join us, please email Dorinda, dorinda.nyberg@me.com, and let us know your rooming preference. We will then put you in touch with our contact at Rancho La Puerta, who will assist you in booking your stay. You will be asked to pay a \$500 per person deposit to hold your space. Final payment to The Ranch is due by January 22, 2021.

Curious about **Covid 19** safety? Please check the Rancho La Puerta [website](#) for the most recent Covid safety protocols.





Accommodations

We were able to negotiate a special group discount for you.



Price includes: accommodations, all meals, one fifty-minute massage, yoga with us, access to daily Ranch classes and other activities, transportation to and from the San Diego International Airport and The Ranch and a required 17.6% tax (tax subject to change). Note: cooking classes, other spa treatments, and private fitness classes are available at an extra cost.



Villa Studio Triple - \$2,506
Junior Villa Double - \$2,930
Villa Studio Double - \$3,051
Junior Villa Single - \$3,385



All Villas have fireplaces.

See more photos and a map :[Junior Villa](#) and [Villa Studio](#)





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