

YOGA AND ROCK CLIMBING

a weekend retreat in the mountains of southern arizona



Join us in celebrating the spirit of ADVENTURE on a Mindfulness and Movement Retreat at Cochise Stronghold.

Located in the Dragoon Mountains, Cochise Stronghold is the perfect AWE-INSPIRING setting to explore awareness and the connections between mind, heart and body through the subtleties of Anusara-Inspired YOGA, the art of mindfulness MEDITATION the movement of ROCK CLIMBING and the nourishment of amazing GOURMET VEGETARIAN FOOD.

We welcome all abilities to experience a weekend full of PLAYFUL and CONTEMPLATIVE activity, 2 nights of relaxing fireside camping, and 6 fresh organic vegetarian meals.

Cost: Early Bird - \$375 before Oct 1
\$425 per person after Oct 1
10% off for additional sign-ups



Fri Nov 13 - Sun 15, 2009

Cost includes: all gourmet vegetarian meals, yoga, meditation, and climbing, all climbing equipment, and all camping equipment

Register via www.innerpassage.net - click on Yoga Retreat or via tel: 520-360-1465



Inner Passage • Tucson, Arizona • www.innnerpassage.net • 520-360-1465