

Yoga and Health

Yoga, Meditation and Ayurveda Fall Retreat

September 24-26, 2010 at Luz de Blanco



Luz de Blanco (“The Light of Blanco”) is located at the top of 7 beautiful acres in the heart of the Texas Hill Country 45 miles from San Marcos. The meditation path flows down the land to a lovely creek with several small falls. The guesthouse is a comfortable 2400 sq. ft home; charming and recently redecorated. It is fully heated and air-conditioned with a full kitchen and communal dining area, a large screened porch, covered porches and a large yoga room with wood floors and a beautiful view. A large Great Room is graced with an Irish Waterford fireplace and big windows overlooking the encompassing valley from a hilltop perch. The guesthouse has three unique bedrooms with bunks (and comfortable mattresses!) and four baths. At night, the stars are big and bright and the silence is awesome! Once here, take a breath and relax...you have arrived!

Guests should bring all linens (blanket, pillow, bath towel, wash cloth, hand towel), toiletries, hair dryers, and anything else you can think of to be comfortable. This event is tobacco, alcohol and drug free; caffeine is discouraged. You may bring healthy snacks to supplement meals if needed.

Cindy and David von Miller will be the retreat facilitators. All retreat activities will be optional, however there will be one all inclusive price. Classes will be designed to meet the needs and abilities of all retreat participants.

RETREAT SCHEDULE:

Friday: Arrival as early as 2:00pm
 Yoga and meditation 5:00-7:00pm
 Dinner at 7:30pm

Saturday: Yoga and meditation 7:30-9:30am
 Brunch 10:00am
 Ayurveda Workshop 11:00am - 2:00pm
 Yoga and meditation 4:00-6:00pm
 Dinner at 6:30pm
 Sacred poetry and chanting at 8:00pm

Sunday: Yoga and Meditation 7:30-9:30am
 Brunch 10:00am
 Free time until departure by 2:00pm

Cost: Early registration (before August 15) with full payment \$225.00
After August 20, if space available \$250.00. The retreat will be limited to 12 participants.

Directions to Luz de Blanco, 122 Red Rock, Blanco, Texas:

Take RR 12 approx. 10 miles and stay straight onto FM 32. Continue approx. 30 miles until you get to US Hwy 281 and go North to Blanco. Turn left onto Park Road 23 at entrance to Blanco State Park (just north of the Blanco River. Stay right and do not enter the park, passing St Ferdinand's Catholic Church. The road curves to the right and becomes Fulcher Street and parallels the river.

At the stop sign, go left onto CR 102/Kendalia Road. Proceed approx. 5.8 miles, passing the Anchor Oaks Vineyard on the right and the Lavender Farm also on the right. The road will make a sharp left and you'll see a line of mailboxes on the left and white fences on the right.

Turn right onto First Mile Road (may show as Kendalia Ranches Rd. on Mapquest). Road is caliche (not paved). Ignore the "No Trespassing" sign. Go one mile on First Mile, crossing the low water crossing at bottom of hill. Red Rock Rd. is the first left. 122 Red Rock is the second gate on right. Look for the big rain barn and the star on the gate.

For more information, call Cindy at 512-754-9764, or visit our web site www.Yoga-and-Health.org