

Welcome



A Yoga Retreat for Couples & Close Pairs

G25020204

with Lara Harsh

February 14-17, 2025

Dear Retreatant,

Thank you for signing up for what's sure to be a magical long weekend at Ghost Ranch. This retreat is an opportunity for you to slow down and step out of your routine with someone close to you. Whether you're joining us as a romantic couple, a couple of friends, family members, or two folks who just want to have fun together, this retreat is for you! Congratulations on setting this time aside for yourselves.

Please read on for some important information about your retreat. We will begin our time together on Friday, February 14th from 6:30-8:00PM in the yoga yurt. This will be a casual and low-energy yoga class followed by a short sound bath, to help you land and relax after a day of travel. If you arrive and check in before class, please note that dinner is offered daily from 5:30 - 6:30 in the dining hall. Please make sure to send us any dietary restrictions right away, so that we can make sure the chefs are ready to accommodate your needs. We will have our official opening circle and introductions on Saturday morning, in case any pairs are arriving late on Friday. (Please do let us know if you are running late, so we don't worry!)

Please look over the daily schedule so that you can plan your activities (horseback rides, massages, kayaking adventures, etc.) into your daily free time. There is so much to be enjoyed at Ghost Ranch! Please see the website for more details about the options that are available that weekend.

Please also do some self-reflection ahead of time about how this retreat fits into your life, and what you're hoping to get out of your time here, both together with your retreat partner and as an individual. If you don't already have a regular yoga practice, I encourage you to take a few classes ahead of time if possible, just to get your "feet wet" before doing daily yoga with us. These classes will include plenty of options for all levels of experience, so don't worry if you're relatively new to yoga or if it's been a while. See you soon, and please let us know if you have any questions.

Warmly,

Lara Harsh & Ghost Ranch Staff

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Workshop Itinerary: February 14-17, 2025

Friday Evening:

5:30 - 6:30 Dinner

6:30 - 8:00 Evening Restorative Yoga & Mini Sound Bath

Saturday:

9:00 - 10:15 Morning All-Levels Yoga

10:15 - 11:00 Journaling and Labyrinth walk (& Restroom Break)

11:00-12:00 Opening Circle and Intention Setting

12:00 - 1:00 Lunch

1:00 - 3:00 Optional Hike to Box Canyon and/or Free Time

3:00 - 4:15 Evening Yoga with Partner Stretches

4:15 - 5:30 Sound Bath & Nidra

5:30 - 6:30 Dinner

6:30 - Bed Evening Free Time

Sunday:

9:00 - 10:15 Morning All-Levels Yoga

10:15 - 11:00 Journaling & Labyrinth Walk (& Restroom Break)

11:00 - 12:00 Sharing in Small Pairs & Circle

1:00 - 5:30 Optional Hike to Chimney Rock and/or Free Time for Other Adventures

5:30 - 6:30 Dinner

6:30 - 7:45 Evening Gentle Yoga

7:45 - 8:30 Sound Bath & Nidra meditation

Monday:

7:30 - 8:30 Breakfast

9:00 - 10:15 Morning All-Levels Yoga

10:15 - 10:45 Closing Circle and Goodbyes

11:00+ Lodging checkout by 11:00am

Stay for lunch & more adventures (lunch is an extra cost)