



## Private Retreats

The intention of retreat can be directed toward a specific quality or practice you wish to explore or deepen. Retreat can also be more broadly intended to experience the conditions that provide the time and space for renewed insight and well being. Choose from one of these retreat options, or with the help of Ceily, create your own.

All private and semi private retreats require a 2 night minimum stay and include use of the private yoga and meditation studio. Some retreats require private sessions with Ceily.

Rates are based upon lodging per night and private sessions with Ceily. Please read the policies and fee page for more details.

To make a reservation, please see the calendar for available dates and contact Ceily.

### Simply Stay

A self-directed retreat.

Includes lodging and use of the yoga studio for your personal practice.

Practice sessions with Ceily can be added if desired.

### Silence: The Courage to be Quiet

A silent retreat of self-surrender, exploration of the inner landscape and contemplation. Silent retreat is a practice deeply honored and sought after by spiritual seekers since the beginning of what we know as time. Within extended periods of silence lies the potential for healing, insight and transformation. The alchemy of spirit of place, silence and practice is rare and precious.

Includes daily use of the yoga studio for personal practice.

Practice sessions with Ceily can be added if desired.

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### Finding Ground

Conditions and circumstances of life are constantly changing. Sometimes the changes are particularly challenging - experiencing an illness, divorce, loss of a loved one...and the list goes on. With the resources of yoga and meditation and the healing presence of nature we reconnect and strengthen our sense of being grounded. Like the mountains we are steady and strong. Requires one daily 90 minute private session with Ceily. Additional sessions are optional.

### Beginners Mind, Beginners Body

Are you interested in learning or refreshing the fundamentals of a yoga and/or meditation practice? This retreat will safely and softly get you started upon a path of practice and study that is integral for your unique body and mind.

Requires two daily 90 minute private sessions with Ceily.

### Seasonal Healing, Harmony and Well Being

Retreat and practice will be attuned to the season for optimal health, harmony and wisdom. Taos enjoys four distinct seasons and with nature as guide and inspiration we explore techniques and practices, including hatha and yin yoga, pranayama, restorative yoga, qi gong and meditation, that enhance our vibrant health. Requires one or two daily 90 minute private sessions with Ceily.

### Gentle and Restorative Sacred Space

A retreat that focuses upon gentle and supported forms of asana, meditation and conscious relaxation. In restorative yoga the body and mind harmonize through the use of passively held, supported poses resulting in affects that go far beyond the physical. As we journey patiently into deeper levels of release sacred space is discovered within and around us. Meditation can be experienced with greater ease when the mind and body are prepared with these practices.

Requires one daily 90 minute session with Ceily. Additional sessions are optional.

### Nature and Nurture

*"Between every two pine trees there is a door leading to a new way of life." - John Muir*

Are you a hiker, skier or snow boarder, river rafter, mountain biker, star gazer, sun and moon worshiper, rock collector, bird watcher or tree hugger? Taos is an enchanted land for nature lovers. Stay in the casita and add some yoga and meditation to compliment and support your adventures.

Requires one daily 90 minute session with Ceily. Additional sessions are optional.

### Writer's Refuge

With special fondness for writers, this retreat will provide a quiet, inspirational and uninterrupted landscape in support of the creative process. Includes daily use of the yoga and meditation space for personal practice. Private sessions with Ceily are optional.