

# **MOTHERSHIP YOGA LOUNGE**

**500 AUSTIN ST., TRUTH OR CONSEQUENCES, NM 87901**

## **2010 NEW MEXICO YOGA TEACHERS' CONFERENCE** **Featuring Kirtan with Shantala**

**April 16 – 18, 2010**

We are thrilled to announce the third annual New Mexico Yoga Teachers' Conference taking place April 16 - 18 at the Mothership Yoga Lounge in Truth or Consequences! For those who haven't attended the last couple of years, this is a really inspiring, nourishing and fun event that combines all different kinds of yoga, meditation and chanting along with delicious food, wonderful teachers from all over the state, and soaking in T or C's divine hot mineral springs. For those who have attended, we hope you'll return for more!

This year's event will begin with a fabulous Kirtan by Heather & Benjy Wertheimer, also known as Shantala. Together they create a sublime soundscape of musical harmony between East and West with soul-stirring vocals, sacred lyrics, and exotic instrumentation. It is a celebration of life, love, and the beauty of the human spirit.

Throughout the weekend we will enjoy workshops led by our fellow teachers, while still having time to soak, get massages, and walk around Truth or Consequences – a town “whose warm desert vibe resonates with visionaries from all over the United States, who are transforming 1920's and '30s motor courts, lumber stores and gas stations into boutique hotels, restaurants, spas, healing centers, art galleries, yoga studios and shops,” according to the March 2009 issue of *New Mexico Magazine*.

We hope you're able to treat yourself to this wonderful event and make the third annual New Mexico Yoga Teachers' Conference the best one yet! If you have any questions please call Shayna Turner at 575-894-3462 or email [shayna@mothershipyogalounge.com](mailto:shayna@mothershipyogalounge.com).

Namaste and hope to see you there!!  
Shayna & Glenn

## **Schedule**

The 3<sup>rd</sup> Annual NMYTC will begin at 7:30 pm on Friday, April 16 with Kirtan by Shantala and end mid-day on Sunday April 18. A detailed schedule will be sent to conference registrants by Friday, March 5.

## **Accommodations**

There are several comfortable, charming and affordable places to stay in Truth or Consequences. We especially recommend those hotels that include soaks in the natural hot springs (see list below or click on "Where to Stay" at [www.mothershipyogalounge.com](http://www.mothershipyogalounge.com)).

These accommodations fill up on the weekends so be sure to make your reservations ASAP! Please note that accommodations are NOT included in the conference registration fee.

- Blackstone Bed & Baths – [www.blackstonehotsprings.com](http://www.blackstonehotsprings.com) - (575) 894-0894
- Firewater Lodge B & B – [www.firewaterlodge.com](http://www.firewaterlodge.com) - (575) 740-0315
- La Paloma Hot Springs - [lapalomahotspringsandspa.com/](http://lapalomahotspringsandspa.com/) - (575) 894-3148
- Pelican Spa – [www.pelican-spa.com](http://www.pelican-spa.com) - (575) 894-0055
- Riverbend Hot Springs – [www.nmhotsprings.com](http://www.nmhotsprings.com) - (575) 894-7625
- Sierra Grande Lodge & Spa – [www.sierragrandelodge.com](http://www.sierragrandelodge.com) - (575) 894-6976

## **What to bring**

Please bring your own yoga mat, at least one yoga block, and one blanket or meditation pillow. Bring a bathing suit if you plan to soak in the public hot springs.

## **Continuing Education Units**

CEUs are available through Yoga Alliance for participation in this Conference.

## **Payment Information**

The total registration fee is \$225. This fee includes:

- Kirtan with Shantala on Friday, April 16
- 2 days of yoga classes, workshops and guided discussions
- Delicious breakfast at the Mothership Yoga Lounge on Saturday and Sunday

We request full payment in order to guarantee your reservation. Please make your check out to "Mothership Yoga Lounge" and mail it along with the following registration form to: 500 Austin Street, Truth or Consequences, NM 87901. Unfortunately we cannot accept credit card payments at this time.

## **Cancellation Policy**

Requests for refunds/cancellations must be sent in writing to the Mothership Yoga Lounge via regular mail or by email to [shayna@mothershipyogalounge.com](mailto:shayna@mothershipyogalounge.com). A refund, minus a \$50.00 processing fee, will be made for all cancellations made by April 2, 2010. No refund will be given after April 2, 2010.



## 2010 NEW MEXICO YOGA TEACHERS' CONFERENCE

### REGISTRATION FORM

Please make your check out to "Mothership Yoga Lounge" and mail it along with the following registration form to: 500 Austin Street, T or C, NM 87901

Your Name:

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Mailing Address:

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City, State & Postal Code:

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Daytime & Evening Phones:

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Email (confirmations are sent via email):

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How long have you been practicing yoga?

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Are you a yoga teacher? \_\_\_\_\_ If yes, please answer the following questions:

How many years have you been teaching yoga?

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Where do you currently teach?

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What type of yoga do you teach?

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#### **Waiver of Liability**

I understand that there are serious inherent risks with all physical activity and that when doing yoga, exercise routines or engaging in any similarly strenuous activity, I may suffer minor or serious injury or even death. I understand these inherent risks, and I assume all such inherent risks associated with participation in any activities in conjunction with the 2010 New Mexico Yoga Teachers' Conference and release Shayna Turner, Glenn Turner, the Mothership Yoga Lounge, all employees, volunteers or agents from liability.

I have read the information and registration forms for the 2010 NMYTC, including the cancellation policy and waiver of liability, and agree to all the terms.

Signature:

Date: