



It's time...

Return to Enchantment

A Women's Yoga Retreat
May 24 - 27, 2024
New Mexico

[CLICK HERE AND TAKE THE FIRST STEP](#)



What we'll do

Four days and three nights to pause, practice yoga, connect to yourself and other retreat guests while taking in the stunning natural surroundings.

Morning Ritual

Guided Meditation, journal, time to savor your hot beverage or sleep in – you choose!

Free Time

Fancy a nap? Time to work on your handstand? A day trip to soak at Ojo Caliente? All of these are possible.

Movement

Deepen your practice and connect with yourself through Vinyasa, Yin & Restorative Yoga (all levels welcomed).

Ceremony

Confirm your intention, experience the heart-opening properties of Cacao and deepen your connection to yourself and our group.

Shared Meals

Make new friends with other women over nourishing, vegan food, catered just for us.

Nature

Take in New Mexico from your window, a patio chair, the labyrinth or a hike.

Location

Vista Verde Retreat, New Mexico

Nine different homes and Yoga Shala nestled amongst the high desert forest of piñon and juniper in Northern New Mexico.
45 acres of serenity & private walking trails.

By car we are:

- 2 hours & 15 minutes from Albuquerque
- 1 hour & 15 minutes from Santa Fe
- 40 minutes from Taos



*Cozy inside & comfortable
outside spaces*





Meet your Guides

Cascade + Chastity

Cascade has contemplated the workings of the world and the universe for as long as she can remember. She found Yoga in 2006 and it has changed her body, brain and life. Cascade has lived and worked in five countries and has organized educational trips for teenagers within the US, Latin America and Asia. She currently resides in Albuquerque and is thrilled to host you in New Mexico.

[@YOGAWITHCASCADE](#)

Through the lens of Yoga and Massage Therapy Chastity weaves the ancient and science-backed practices for her students and empowers their reclamation of Oneness. She currently offers yoga privates, Buti dance parties, soundbaths, series curriculum and specializes in supporting the matrecense. Her focus is building community and support for mothers and babies.

[@CHASTITYJEWEL](#)



Meet your Chef

Chris

Chris has lived in New Mexico for over two years and has catered many events at Vista Verde Retreat.

Chris is a Certified Holistic Chef graduate of Bauman College in the San Francisco Bay Area and has worked professionally as a chef for over 15 years.

Her own health and healing journey eventually led to studying holistic cooking so she could better care for herself and others. She especially loves creating delicious and nutritious menus for special events and retreats and helping create a wonderful overall experience.

[@CHEFTHEBERGE](https://www.instagram.com/CHEFTHEBERGE)



Meet your Photographer

Torri

Lover and yoga enthusiast, currently working on her 200ytt. She is the owner of Snap and Save Special Moments, a small photo business located in Albuquerque. Transplanted from a military life abroad, Torri has lived in New Mexico for 24 years. As a wife and mother, Torri home schools her daughter and is a huge advocate for local charities. You can find her working for THE PINK BUS FOOD PANTRY and donating her skills to NOW I LAY ME DOWN TO SLEEP. She also loves to harvest with FOOD IS FREE NEW MEXICO. This vibrant soul loves to capture the moment artfully, making time and people stand still forever in her artwork. She is so excited to showcase these moments for us.

@ [SNAPANDSAVESPECIALMOMENTS](https://www.instagram.com/snapandsavespecialmoments)

Accommodation Menu

Sage	Casita Camper, Green Hut or Adobe Casita (no wifi, enjoy a digital detox). Private, tiny homes. Access bathrooms in the Main House, Ranch House & Yoga Shala.	\$1111
Juniper	Upstairs East Bedroom in the Main House , triple (1 King, 2 Twins). Shared bathroom. Ideal for 3 old or new friends. First person to pay their deposit reserves the King bed.	\$1222
Lavender	Upstairs West Bedroom in the Main House , double (1 King, 1 Twin). Shared bathroom. Ideal for 2 new or old friends. First person to pay their deposit reserves the Kind bed.	\$1444
Turquoise	Straw Bale Casita (Queen, spotty wifi), Downstairs Bedroom in Main House (Queen), North Bedroom in Ranch House (King), South Bedroom in Ranch House (King), Back Bedroom in Ranch House (Queen). Shared bathroom. Enjoy a King or Queen bed in your own private room of a communal house or your own tiny home (Straw Bale Casita).	\$1999
Sunshine	The Q (King, Twin, open floor plan, kitchen), Stick Casita (Full, Twin, living room, kitchenette) or Ranch Casita (2 twins). Full bathroom. Spread out into the space of your own home. Elect privacy or bring a friend if you would like to share (you both still need to apply).	\$3333

What's Included:

- Accommodation at our retreat center: 4 days/3 nights
- Daily vegan meals catered by professional private chef:
 - coffee/tea bar,
 - pre-practice snack,
 - brunch/lunch,
 - dinner
- 6 Yoga Practices
- 3 Guided Meditation Sessions
- Cacao Ceremony
- A surprise or two!

[APPLY HERE](#)



Not included:

- Flights
- Transportation to retreat center (carpooling encouraged)
- Additional snacks
- Spending money to enjoy shopping or activities outside the retreat center

[TURO RENTAL CAR](#)



Take time for you

Ready?

[APPLY NOW!](#)

Email us any questions!

We are here for you!
Reach out and we can chat about whether this experience is a good fit for you now.
We look forward to getting to know you!

YOGAWITHCASCADE@GMAIL.COM