

January 24, 2012

Dear Friends,

This is the announcement for the ISHA retreat to New Mexico with Ishwar Puri, October 2012.

DATES

October 13-21, 2012 — This includes two separate events. Oct 13-14 is a seminar in Socorro, NM. Oct 15-21 is the meditation retreat at Ojo Caliente Mineral Springs Resort & Spa (OCMS), in Ojo Caliente, NM set by Ishwar Puri. Participants are welcome to attend either or both events.

SOCORRO SEMINAR, October 13-14, 2012

Lodging: Participants are responsible for making their own lodging arrangements. Many hotel choices exist. A list of local hotels and other information will be provided in advance of the event.

Seminar Schedule (exact times to be determined):

Sat, Oct 13 - Afternoon seminar with Ishwar Puri at Peggy Newman's house. Group dinner provided.

Sun, Oct 14 – Seminar times to be determined. Brunch with Ishwar at Peggy Newman's house.

Interviews with Ishwar for people not going to Ojo Caliente will take place in Socorro. Email Peggy Newman (pnj@socorro.com) to be placed on the interview list.

Mon, Oct 15 - for those continuing on to Ojo Caliente meditation retreat, drive to Ojo Caliente, NM.

What you need to do if you are planning on attending the Socorro seminar:

- 1) Inform Peggy Newman that you will be attending (pnj@socorro.com).
- 2) Make travel and lodging reservations. Plan on arriving Friday afternoon or Saturday morning.

OCMS MEDITATION RETREAT, October 15-21, 2012

Lodging and food costs are described below. The OCMS meditation retreat is limited to the first 30 registrants. Additional requests will be placed on a waiting list to fill cancellations that may occur. Meal and group space rental costs are estimates based on a full trip of 30 people. These costs will be paid in advance by ISHA and reimbursed to ISHA by participants by or before October 21. If you plan to attend the meditation retreat, please read the following information carefully, and follow all instructions. If you have further questions, please call or email Peggy Johnson (505-859-1468, peggysjohnson@gmail.com). For information on Ojo Caliente Mineral Springs see the resort website: <http://www.ojospa.com>.

Lodging: A block of 15 rooms, of various sizes and amenities, and one house (Casa de Ojo) have been reserved at the resort for the ISHA group. The number of rooms, types and rates are described below. Room rates are based on double occupancy (except for the Casa de Ojo), not including taxes. Current lodging and sales tax is 12.125%. Children 2 years and under stay free. For details on room amenities, see the OCMS web page at <http://www.ojospa.com/accommodations.php>.

Room Location (number of rooms reserved)	Bed Type	Rates: Mon 10/15 – Thurs 10/18	Rates: Fri 10/19 – Sat 10/20
Hotel (2)	Q	\$139	\$169
North Cottage (1)	Q	\$179	\$209
North Cottage (4)	QQ	\$179	\$209
Plaza Cottage (5)	QQ	\$229	\$269
Plaza Cottage (3)	K	\$229	\$269
Casa de Ojo (1)	House*	\$399*	\$469*

Q = 1 queen bed, QQ = 2 queen beds, K=1 king bed

* The base rate for the Casa de Ojo (a 3-bedroom, 2-bath house) is for four guests. Additional guests are \$50 each per night, plus taxes. Children 2 years and under stay free; ages 3-12 are \$40 per night.

In order to reserve a room and register for the event, guests must contact the OCMS Group Coordinator directly and provide a major credit card to guarantee their lodging:

Laurie Moreau
 OCMS Group Coordinator
 505-583-3212 (Mon-Fri, 9:00 AM to 4:00 PM mountain time)

Guests can not register or book lodging on line. The room block includes 3 singles (rooms with a single queen bed), 12 doubles (rooms with 2 queens or 1 king bed), and the house (3 bedrooms with 2 queens each and 2 baths). To fill the trip, double rooms need to be filled with 2 people. Everyone is encouraged to register with a compatible roommate. **DEADLINE FOR ROOM AND EVENT REGISTRATION IS JUNE 1, 2012. ROOMS NOT BOOKED WILL BE RELEASED FROM THE RESERVED BLOCK AND WILL BECOME UNAVAILABLE FOR THE ISHA EVENT. When guests have reserved a room, please notify the ISHA group coordinator, Peggy Johnson, of your room number and roommate(s).**

Peggy Johnson
 ISHA Group Coordinator
peggysjohnson@gmail.com
 505-859-1468

Food: Group meals (breakfast, lunch and dinner, vegetarian, egg-free) will be served in the Artesian Restaurant. All special diet needs (raw food, lactose free, etc) will be accommodated. Total cost (plus tax (7.125%) and gratuity (20%)) is estimated **\$384.22 per person** for the week. Lunch and dinner are on your own on Thursday, Ishwar's day off. Meal costs will be charged in advance to ISHA and

reimbursed by participants to Peggy Johnson, ISHA Group Coordinator, by or before the end of the retreat on Sun Oct 21.

Group Space: ISHA has rented a yurt next to the Rio Ojo Caliente for the week as the group's private space for lectures, meditation, and yoga. The yurt will be open to any activity between 7:00 AM and 10:00 PM daily. Rental and set-up costs will be divided between all participants. Based on attendance of 30, the cost is **\$25 per person**, paid in advance by ISHA and reimbursed by participants to Peggy Johnson, ISHA Group Coordinator, by or before the end of the retreat on Sun Oct 21.

OCMS Spa: Ojo Caliente Resort and Spa has been called the "best remote hot spring spa in the world". Access to the hot springs is included for all guests, including prior to check-in on Mon Oct 15, and after check-out on Sun Oct 21. Our retreat is booked during prime season and therefore the ISHA group is required to guarantee a minimum of \$300 (plus tax) in spa treatments per attendee between 10/15 and 10/21. The cost is **\$321.38 per person**. Spa reservations must be made by guests with the OCMS Group Coordinator **by or before August 17** and guaranteed with a personal credit card. Details on spa services can be viewed online at <http://www.ojospa.com/services.php>. Questions should be directed to the OCMS Group Coordinator.

Laurie Moreau
OCMS Group Coordinator
505-583-3212 (Mon-Fri, 9:00 AM to 4:00 PM mountain time)

What to do if you are planning on attending the Ojo Caliente meditation retreat:

(1) Reserve and guarantee a **room** by contacting the OCMS Group Coordinator for the ISHA event:

Laurie Moreau
OCMS Group Coordinator
505-583-3212 (Mon-Fri, 9:00 AM to 4:00 PM mountain time)

This is a first-come, first-serve event. If the event fills up, we will maintain a waiting list. **Deadline for room reservation is June 1, 2012.**

(2) Notify Peggy Johnson of your reservation, room, and roommate(s). **NOTE: ALL RESERVATIONS MUST GO THROUGH Ojo Caliente Mineral Springs Resort & Spa. PLEASE DO NOT CONTACT Peggy Johnson or ISHA FOR RESERVATIONS!**

(3) Schedule and guarantee your **spa treatments by or before Aug 17** by contacting the OCMS Group Coordinator for the ISHA event:

Laurie Moreau
OCMS Group Coordinator
505-583-3212 (9:00 AM to 4:00 PM mountain time)

(4) Ishwar will have a rest day on Thursday, so participants will have opportunities to see the local sights. This is one of the most beautiful spots on earth, with many sights and attractions within an hour or 2 hour drive. Check out the activities page on the OCMS web site: <http://www.ojospa.com/activities.php>.

(5) **Questions** concerning the Ojo Caliente event can be addressed to Peggy Johnson (peggysjohnson@gmail.com, 505-859-1468) or Paul Bauer (paulbauer5@gmail.com, [505-515-5466](tel:505-515-5466)).

We look forward to seeing you in New Mexico in October!

Peggy Johnson
peggysjohnson@gmail.com
505-859-1468