

refresh. renew. relax.
yoga + wellness retreat



OJO CALIENTE MINERAL SPRINGS SPA RESORT • NEW MEXICO

OUR PRIVATE HOME

- 1,662 square feet total space
- Four bedrooms: three rooms with two queen beds each and one bedroom with one queen bed. The largest two queen room has a gas fireplace, and an en suite bath with a tub
- Two bathrooms total
- Full kitchen with dishwasher, stove, oven, microwave, full-size refrigerator, cookware, and dishes and cutlery for 14 guests
- Living room
- Large dining table and chairs
- Front porch with rocking chairs
- Backyard with hammock steps from the Rio Ojo Caliente



THE ESSENTIALS

- Free in-room WIFI
- Electric Stagg kettle by Fellow
- Hairdryer
- Air conditioning
- Iron & ironing board
- Small safe to stow your valuables
- Flat screen TV with DirecTV

exclusively **OJO**

- Ultra-soft, signature Ojo spa bathrobes
- Locally-blended, handcrafted tea-o-graphy tea
- Ojo signature organic, locally-roasted coffee
- Organic Ojo bath products, made in New Mexico and featuring pure essential oils and wild botanicals
- Pendleton Woolen Mills accent blankets
- Original artwork from local New Mexico artists

YOUR STAY

- Included with your Adobe House stay is access to all public mineral soaking pools
- Complimentary daily yoga (capacity is limited and advance reservation required)
- Acclaimed Artesian restaurant serving farm-fresh fare made with locally-sourced ingredients
- Complimentary morning coffee and tea in the Artesian 7:30am - 9am daily.
- Access to public hiking, biking, and birding trails
- Non-smoking property
- Free parking
- Free resort WIFI

They own two resorts – This one is ours:

[Ojo Caliente Spa](#)
[50 Los Banos Drive](#)
[Ojo Caliente, NM](#)

We are staying in the Adobe House

It is about 1 hour drive from SAF- Sante Fe airport and about 2 hours from ABQ – Albuquerque airport

Check-in begins at 3pm. Check-out is at 11am.

At this time they are unable to offer late check-out or early check-in.

Lodging guests have unfettered access to our communal soaking pools from 7:30am - 10:00pm.

This includes day of check-in (before 3pm) and check-out (after 11am).

Seasons will be changing at this time. I'll be checking the weather before I pack. 😊



WE CAN'T WAIT!

Our Yoga & Wellness Retreat at the Ojo Caliente Mineral Springs Resort and Spa in New Mexico is the perfect way to unplug from your familiar surroundings, busy schedules and daily responsibilities.

We can't wait to meet you there!

Ojo Caliente, located in the hills of New Mexico, offers an award-winning spa with natural thermal pools to soak and relax body and mind. From the deep red earth and cerulean blue sky to its lovingly preserved history and heritage, Ojo Caliente has been a source of healing for hundreds of years. Relax and rejuvenate while improving mental focus, vitality and immunity as you reconnect with yourself through yoga, hiking, soaks in the thermal pools and informative talks with like-minded people.

Your 3-night retreat includes:

- Morning Yoga and Meditation Sessions
- Daily T'ai Chi Chih
- All meals served in home (restaurant on site at your expense)
- Nearby hiking/ walking in the plateaus of the Tewa Indians.
- Cozy and inviting accommodations, equipped with a full kitchen for those who enjoy cooking their own meals. just let me know & I will share the space.
- Rejuvenating warmth as you relax in the natural thermal pools.
- Accommodations in the cozy Adobe House



Explore the gift shops and take advantage of the varieties of massages at the spa.

Peggy Romero - certified Stress Mastery Coach, and Reiki I certified, is your host as she brings her vast wisdom of body, mind and spirit to the retreat activities and everyday living afterward.

Kassandra Lor - T'ai Chi Chih instructor, Reiki Master, Sound Healing & Yoga Instructor brings a wealth of experience as your co-host.

DAILY SCHEDULE

PLEASE ALLOW SOME FLEXIBILITY

SATURDAY - let me know your travel plans

3:00 PM	Arrival. Meet at the Registration Desk. Check in 3 p.m.
4:00 PM	Welcome / Meet and greet and Retreat Overview
5:30 PM	Dinner served in the Adobe House
7:00 PM	Introduction to Practices
8:00 PM	Meet at the Hot Pools

SUNDAY & MONDAY

*Complimentary morning coffee and tea in the Artesian 7:30am-9am daily. Coffee will available in the house too.

8:00 AM	Breakfast
9:00 AM	Morning Yoga Session
10:00 AM	Free time – Shower, sleep, spa, soak, journal, read, hike/walk to the Tewa Indian Preserve, explore the grounds, do nothing
12:00 PM	Lunch is served
1:30 PM	Retreat Activity
2:00 PM	T'ai Chi Chih followed by Group Meditation
3:15 PM	Free time

Peggy will be giving free personal Stress Mastery 30-minute coaching consultations; If you are interested in taking your life plan to the next phase, whether it is routines and habits, living up to your potential, mental/ stress relief or life's goals, let Peggy be your guide to moving forward. Also available for 30-minute Reiki treatments.

Kassandra will be available for Sound Bowl Healing and Reiki treatments
A sign-up sheet will be available.

5:30 PM	Dinner
7:00 PM	Retreat Activity
8:00 PM	Meet at the Pools

MONDAY

8:00 AM	Breakfast
9:00 AM	Morning Yoga Session
10:00 AM	Time to pack up
11:00 AM	check out – no exceptions at this time. The good news is, we have access to the resort as long as we need it. So we can leave the resort when we want to.

Please be flexible. This is the intention, but it may change a little.

Some people are renting cars and may be able to carpool from the airport. Santa Fe is an hour away and Albuquerque is 2 hours. I am happy to put you guys in contact with each other. Let me know your travel plans if you'd like to share rides.

*** The Artesian Restaurant and Wine Bar serves a variety of delicious global cuisine for breakfast, lunch and dinner. – at your own cost.

There is a Whole Foods in Santa Fe for any food items you need for lunch and snacks you can prepare in our full sized, fully equipped kitchen.

Thermal pools are open 9am-10pm. Bathing suits required. During open time, indulge in any of the other spa services, swim in the pool or relax in the hammocks. They offer Thai and regular massage, body wraps, Ayurveda facials and many others options available.

SAMPLE MENU

BREAKFAST

Breakfast burritos, chilibouilles and eggs, oatmeal, yogurt and bagels

LUNCH

Chicken Caesar and/or other salad, sandwiches

DINNER

Teriyaki Bowls, Shrimp Tacos, White Bean Chicken Chili, Turkey Burgers

We are open to suggestions should you have any.

SEE YOU SOON!

We look forward to seeing you in Ojo Caliente, New Mexico!

Peggy Romero

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