

MOTHERSHIP YOGA LOUNGE
500 AUSTIN ST., TRUTH OR CONSEQUENCES, NM 87901

2009 NEW MEXICO YOGA TEACHERS CONFERENCE
“The Gift of Teaching”
Featuring Kirtan with Wah!

March 27 – 29, 2009

We are excited to announce the second annual New Mexico Yoga Teachers Conference (NMYTC) that will take place the weekend of March 27 – 29, 2009 at the Mothership Yoga Lounge in Truth or Consequences.

We are especially thrilled to announce the weekend kick-off Kirtan with Wah!, an incredible singer/musician who combines reggae, Hindu chanting and pop to create a unique mix of spiritual world music. As described by *Australian Yoga Life* magazine, "Wah! just might be a devi. She sings with the voice of a goddess, reflecting the deep devotion and reverence of a seasoned bhakta." Wah! toured with Krishna Das for three years and has performed at Omega Institute, Kripalu Center, Yoga Journal Conference and the UK Yoga Show. (More information about Wah! can be found at <http://www.wahmusic.com/>.)

This year's NMYTC theme is "The Gift of Teaching". Through discussions, meditation practices and yoga classes we will explore what it means to take on the responsibility of teaching this powerful, ancient practice. What are the greatest rewards of being a yoga teacher? What are the challenges? If you are considering applying to teach a class at the Conference, we invite you to interpret this theme creatively and from the heart.

We promise to do our very best to accommodate all of you who are interested in teaching. However, depending on the response, we cannot guarantee that we can fit everybody in. **IF YOU ARE INTERESTED IN TEACHING A CLASS YOU MUST REGISTER AND APPLY BY FRIDAY, FEBRUARY 13, 2009 SO THAT WE HAVE TIME TO PUT TOGETHER THE CONFERENCE PROGRAM!!** Please see the following registration form and application for details on how to submit your proposed class description.

The NMYTC is an opportunity for yoga enthusiasts from around the state to come together, share knowledge, reinvigorate our teaching and yoga practices, and meet new people. We look forward to welcoming those of you who have never been here, and welcoming back those who are becoming familiar faces at the Mothership. Yoga teachers and advanced practitioners are invited to attend. We hope you will join us for 3 days of chanting, yoga, meditation, discussions and soaking in the magical hot mineral springs of Truth or Consequences. If you have any questions please call Shayna Turner at 575-894-3462 or email shayna@mothershipyogalounge.com.

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

Schedule

The NMYTC will begin at 7:30 pm on Friday, March 27 with Kirtan by Wah! and end on Sunday March 29. A detailed schedule will be emailed to all participants a few weeks prior to the Conference.

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 mineral springs (see list below). 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 -- (575) 894-0894
- Firewater Lodge Bed & Breakfast – www.firewaterlodge.com -- (575) 740-0315
- La Paloma Hot Springs - lapalomahotspringsandspa.com/ -- (575) 894-3148
- Pelican Spa – www.pelican-spa.com -- (575) 894-0055
- Riverbend Hot Springs – www.nmhotsprings.com -- (575) 894-7625
- Sierra Grande Lodge & Spa – 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. We do not have enough for everyone. Bring a bathing suit if you plan to soak in the public hot springs around town.

Payment Information

The total conference registration fee is \$175 IF YOU REGISTER BY FRIDAY, FEBRUARY 13. After February 13 the conference fee will be \$225. This fee includes:

- Kirtan with Wah! on Friday, March 27
- 2 days of yoga classes, workshops and guided discussions
- Delicious breakfast at the Mothership Yoga Lounge on Saturday and Sunday mornings

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

Cancellation Policy

All requests for refunds/cancellations must be sent in writing to Shayna Turner at the Mothership Yoga Lounge via MAIL to 500 Austin St., Truth or Consequences, NM 87901; or by EMAIL to info@mothershipyogalounge.com. A refund, minus a \$50.00 processing fee, will be made for all cancellations made by March 13, 2009. No refund will be given after March 13, 2009.



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REGISTRATION FORM

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

Your Name:

Mailing Address:

City, State & Postal Code:

Daytime & Evening Phones:

Email (confirmations are sent via email):

How long have you been practicing yoga? _____

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

How many years have you been teaching yoga? _____

Where do you currently teach? _____

What type of yoga do you teach? _____

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 2009 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 NMYTC taking place March 27 - 29 at the Mothership Yoga Lounge in Truth or Consequences, NM, including the cancellation policy and waiver of liability, and agree to all the terms.

Signature:

Date:

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APPLICATION TO TEACH (Must be submitted by Friday, February 13, 2009)

Thank you for your interest in teaching at this year’s New Mexico Yoga Teachers Conference! This event would not be possible without people like you who are willing to share your love of yoga with others. Please answer the questions below and send in this page along with your registration form.

Remember this year’s theme is “The Gift of Teaching”. We invite you to interpret this however you would like – there are no rules. Asana, pranayama, chanting, and/or meditation classes are welcome. Most of all, we encourage you to offer something authentic to your teaching practice.

We will notify you of the final schedule by Friday, February 27. Again, we promise to do our very best to accommodate all of those who are interested in teaching; however, depending on the response, we cannot guarantee that we can fit everybody in.

Why do you want to teach at the New Mexico Yoga Teachers Conference?

Please briefly describe the class you would like to teach.

Do you have liability insurance? _____ Through which company? _____