

# 2010 Ocamora, New Mexico



## 23<sup>rd</sup> Annual Yoga Intensive with Dean & Rebecca Lerner

**August 2 - 7, 2010  
Monday thru Saturday**

**Join us** for this retreat / workshop at a favorite location! Ocamora Ranch is located two hours northeast of Santa Fe. It lies at an elevation of 7500 ft in the foothills of the southern Rocky Mountains. We invite you for an excellent time of Yoga, gourmet vegetarian meals, good fellowship, nature and much more.

- Five & half day workshop:  
Arrive Monday after 1 PM (class @ 4PM)  
Depart Saturday after brunch
- Morning Asana Class & Afternoon Pranayama
- 265 acre Ranch in beautiful country
- Hot Tub
- Hiking Trails, Canyons, Wildlife
- Excellent Food & Fellowship

**Instructors:** Dean and Rebecca Lerner are devoted and longtime students of Shri B.K.S. Iyengar. They are co-directors of the Center for Well-Being in Lemont, Pennsylvania. Both have been practicing and teaching for 30 years. Dean holds an Advanced Jr certification from Shri B.K.S. Iyengar and Rebecca, Intermediate Jr III.

### Registration Form

Please Print!

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E Mail \_\_\_\_\_

Lodging Preference: First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

Third Choice \_\_\_\_\_

Enclosed is my: Deposit of \_\_\_\_\_

Full Payment of \_\_\_\_\_

**Mail this form with check payable to:**

Dean Lerner • PO Box 941 • Lemont, PA 16851

For more about Ocamora visit: [www.ocamora.org](http://www.ocamora.org)

### \* Limited to 20 students only! \*

**Fees:** Include all Yoga classes, meals & lodging.  
Prices vary according to lodging options.

<b>Lodging:</b>	Cloister room single	\$1175
	Cloister room double	\$1050
	Orchard room single	\$1175
	Orchard cabin single	\$1175
	Orchard cabin double	\$1000
	Yurt	\$1000
	Cabin Tent (10x13')	\$ 950
	Cabin Tent double	\$ 925
	Camper or own tent	\$ 900

Please note all accommodations include linens.

**Deposit:** \$250. Balance due by June 2, 2010.  
Cancellations refundable less \$75 by 6/2/10 and thereafter only with a replacement.

**Information:** phone: 814.234.9776  
Email: [FDLERNER@comcast.net](mailto:FDLERNER@comcast.net)  
[www.centerforwellbeing.net](http://www.centerforwellbeing.net)