



Winds of Change: Yoga & the Vayus with

G26090408

with Edie Tsong

September 27–October 3, 2026

Welcome!

I'm delighted to have you join us for a yoga retreat!

With the enormous changes happening throughout the world, astrologically, and personally, I thought specifically to work with the vayus (winds) this year in a yoga retreat. We will draw from the yogic wisdom of the vayus to better understand the natural circulation of energies in the practice of yoga. I will provide a booklet that includes basic information on the five vayus (apana, samana, prana, udana, and vyana), but mainly we learn by practicing.

- Classes will take place in the yurt. Please remove shoes.
- On Sunday immediately following the Ghost Ranch orientation, we'll meet in the yurt for a welcome circle and discuss logistics.
- We will start each morning with a brief teaching on a vayu and a 2-hr dynamic class (9:00am – 11:00am). I encourage you to take the practices at



your own pace. We'll use props (bring your own or use the ones provided here) and I'll provide options for support in the various asana. Please let me know if there are specific physical limitations you are working with.

- Take the afternoon to connect with the magical landscape, relax, or explore the surrounding area. I encourage bringing journals and/or art supplies, and books. There are places throughout Ghost Ranch to sit and write, draw, paint, or walk the labyrinth. One of my favorite places at Ghost Ranch is the library, open 24 hours. There are also several trailheads from Ghost Ranch. Abiquiu Lake and Christ of the Desert Monastery are nearby.
- After dinner from 7:00pm – 8:30pm, we'll reconvene for a relaxed 90 min. gentle floor-based practice. Think yin or restorative yoga. In either class there will be a longer meditation and/or pranayama.
- If you are coming from sea-level, it may take a little adjusting to the altitude. Drink plenty of water, and adding a chlorophyll supplement to water can aid in bringing more oxygen into your body. Allow the body to adjust as needed.
- Weather can be variable. Dress in layers.

Abiquiu is an absolutely magical place, and my hope is that the yoga, natural surroundings, poetry, and teachings on the vayus, help you enter into a deeper intimacy and balance with yourself that you can take back into your daily life.



If you have any questions regarding the retreat, don't hesitate to contact me directly. My email: radiantanimal@gmail.com

Looking forward to meeting you,

Edie / radiant animal

Schedule

Breakfast: 7:30am – 8:30am

Morning Practice: 9:00am – 11:00am, Dynamic Yoga with teachings

Lunch: 12:00pm – 1:00pm

Afternoons: Free

Dinner: 5:30pm – 6:30pm

Evening Practice: 7:00pm – 8:30pm, Gentle Yoga (Wednesday off, let's discuss)

Afternoons:

- read, write, paint, draw (be sure to bring supplies)

Some of my favorite spots in the vicinity:

- Abiquiu Lake
- Rim Vista Trail, with beautiful views of Abiquiu Lake
- Christ of the Desert Monastery (17 mi/50 min. away, and many places to pull over and sit by the river)



- Ojo Caliente Mineral Springs (44 mi/55 min. away)

Options for meals in the vicinity:

- Abiquiu Inn Restaurant
- Café Sierra Negra
- Ojo Caliente Restaurant