



Peace in the Eye of the Storm

G26080108

with Lucia Vinograd and Judy Piazza

August 7-9, 2026

Greetings!

We are delighted to welcome you to Peace in the Eye of the Storm, a restorative weekend retreat. In the spirit of peace, we offer you a time out of time, in which the mind can quiet and the body can soften into its steady center. Together we will breathe deeply, move gently, and bathe in transcendent sounds that will surely transport you to the moon and back. Held within the vast beauty of Ghost Ranch, away from the clamor of the outside world, you will awaken to your natural calm center, which we often forget is always present within.

Please wear comfortable clothing suitable for movement indoors and outdoors. Ghost Ranch will provide yoga mats, bolsters and meditation cushions, however feel free to bring your own if you wish, and any other items for your comfort. You will need to bring a small blanket.



In addition, please bring a journal and favorite writing implement. You are also welcome to bring any small hand percussion or instrument if you'd like ... this is optional. There will be some instruments for your use supplied by Judith.

With gratitude and anticipation,

Lucia & Judith

Materials List:

Please wear comfortable clothing suitable for movement indoors and outdoors. Ghost Ranch will provide yoga mats, bolsters and meditation cushions, however feel free to bring your own if you wish.

Bring a small blanket and you might also want a pillow, and any other items for your comfort.

We would also suggest bringing a journal and favorite writing implement

You are also welcome to bring any small hand percussion or instrument if you'd like.

There will be some instruments available for your use supplied by Judith.

Workshop Itinerary:



Friday, August 7

3:00 pm, Check in begins

5:30–6:30 pm, Dinner & Ghost Ranch Orientation

7:00–9:00 pm, Welcome Circle, Movement, Meditation, & Music

Saturday, August 8

7:00–7:30 am, Tsalagi Movement Meditation

7:30–8:30 am, Breakfast

9:00–11:00 am, Music, Meditation & Movement

12:00–1:00 pm, Lunch

1:30–4:30 pm, Movement, Meditation & Movement

5:30–6:30 pm, Dinner

7:00–9:00 pm, Evening Council Circle

Sunday, August 9

7:00–7:30 am, Walking Meditation

7:30–8:30 am, Breakfast

8:30–9:45 am, Pack up and Checkout of lodging accommodations

10:00–11:30 am, Closing Circle with Music, Meditation, & Movement