



Winds of Change: Yoga & the Vayus

G26090408

with Edie Tsong

September 27 – Oct 3, 2026

Welcome!

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

With the enormous changes happening throughout the world and astrologically, I thought specifically to work with the vayus (winds) this year. We will draw from the yogic wisdom of the vayus to better understand the natural circulation of energies as ways to stay grounded while flexible to change. 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. Bring water bottles.
- On Sunday immediately following the Ghost Ranch orientation, we'll meet in the yurt for a welcome circle and discuss logistics.
- Each morning (9:00am – 11:00am) starts with a brief teaching on a vayu and a 2-hr dynamic class. 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 with music. 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 adjusting to the altitude. Drink plenty of water. Some people benefit from adding a chlorophyll supplement to water to bring more oxygen into your body.
- 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 vayas, help you enter into a deeper intimacy and balance with yourself that you can take back into your daily life.

What to bring

- Wear yoga/exercise clothes and layers to accommodate for changing temperatures.
- Bring a water bottle.
- We have yoga mats, blocks, belts, and blankets at the Ghost Ranch yurt. If you prefer to bring your own, please do.
- No shoes inside the yoga yurt.



Daily Schedule

We can tweak times slightly as students desire.

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)

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

Looking forward to meeting you,

Edie