

# New Moon Natural Time Nia Retreat October 21-23, 2022 at Vista Verde Retreat Center

*Imagine a world where we don't need to justify the need to care for ourselves and one another?*

*Rest is a necessary component in the cycle of life and you don't need to be burned out or in need of a break to join a retreat. So, come on up, join me in New Mexico this October.*

## *Time for Be-Aware Care*

In Nia the concept of Natural Time is meant to give us the opportunity to be present to discover our own way of learning, moving and being in the world. It is based on natural cycles and rhythms around us, not dictated by a mechanical clock focused on tracking time. Natural Time is a powerful principle that teaches us to move at our own pace, to our own depths and in response to our individual impulses. We stay connected to natural time by remaining connected to sensation; and, that is precisely what this weekend retreat invites you to do.

There will be some form of mechanical time for Nia classes, reflective journaling and shared meals. Other than that, there's plenty of freedom for you to move at your own pace, choosing what feels right for your body and knowing that nothing is compulsory. You'll have the opportunity for movement, stillness and exploration – to simply enjoy your day as you see fit.

## *About Vista Verde*

Vista Verde Retreat sits on 40 acres of land on the west edge of the Taos Gorge surrounded by juniper and piñon trees. There is a *beautiful sprung wood dance floor* for movement and



lots of outdoor space including hiking trails looping through the property as well as a ceremonial sand circle, an outdoor fire pit, a labyrinth and a wood-fire heated hot tub.

With no television or cell service you can't help but disconnect and plug into natural time (though, if absolutely necessary a landline and WiFi are available).

Nearby, there are a variety of unique day trips and activities from Taos gallery touring and the Taos Pueblo to viewing the Rio Grande Gorge or the Earthship Biotecture. A short 25 minute drive takes you to the famous [Ojo Caliente Mineral Springs](#) where you can soak in the healing mineral waters of northern New Mexico. Hiking and walking trails abound.



## Retreat Package

The following are included the retreat fee of \$200:

- Friday Night Free Dance Party and Opening Circle
- Welcome Reception (amuse bouche, hors d'oeuvres, tapas, etc.)
- Two breakfasts
- 3 75-minute Nia classes (no experience required), 1 45-minute class
- 1 90-minute mindfulness workshop (depending on interest, topic TBD)
- Cleaning Fees

A \$25/class *pop-in rate* is available for classes only and *excludes* food and lodging.

**\*\*\*Lunch on Saturday is on your own. There will be two full kitchens to use and in Taos plenty of dining options.\*\*\***

## Community Interdependence

We will **share** in the following:

- Saturday Night Group Potluck Dinner
- Coordination of additional activities

## Lodging

Ranges in price from \$55-110/night single occupancy and \$110-135/night double occupancy. Space is limited. See the list of options below.

## Covid Considerations

I strongly recommend increased mitigation measures in the 7-10 days prior to attending the retreat. You are also encouraged to take an at-home Covid test prior to arrival.

If you become ill after the cancellation date (October 5th) I will forward your payment and/or deposit towards a future retreat, workshop or Nia classes at Sway or on Zoom.

## Payment and Cancellation Policy

- ❖ Your total investment will depend on your lodging choice.
- ❖ A \$35.00 non-refundable deposit is due by Sunday, September 18th to secure your lodging request/preference.
- ❖ Final payment is due by Saturday, October 1st and ***non-refundable after Wednesday, October 5, 2022.***
- ❖ Organizer will refund 50% of the balance up to 15 days prior to arrival (minus any fees/deposits).

## About Your Facilitator

Erin Damour is a Black Belt certified and licensed Nia Instructor who's been teaching in the Albuquerque area for 15 years. She is also a massage therapist with education and experience in movement, bodywork, and mindfulness. Erin's background informs her ever-ending and playful curiosity in movement, stress reduction, health, sensory awareness, pleasure, and human anatomy and kinesiology and how these intersect while living in a body.



## What to Bring

- **One potluck dish (with ingredient list) to share Saturday night**
- Clothing for moving and sweating as well as for being outside in fall weather. Think layers! (October days are usually warmish with cool evenings.)
- Snacks. If you require nourishment beyond the provided and shared meals
- BYOB or other preferred drinks and your lunch on Saturday (There is a fridge for guests in both the Main and Ranch Houses)
- Journal, writing utensil, art supplies
- Flashlight, swimsuit, towel

## House Rules

The Movement Studio must be closed and locked when not in use. All sliding doors in the Studio are closed when not in use, esp. during the rainy season. Studio floor must remain clean and dry at all times. No food, beverages, or street shoes in Studio. Guests will ensure the 9pm-8am quiet hours are observed. There are two bathrooms in the Studio, one with a shower.

## Location Address

Vista Verde Retreat Center

5 North Road, Carson, New Mexico

*Specific directions to the retreat will be provided upon registration. Keep in mind the retreat center is at the end of a dirt road. Though passable by my Mazda 3 Hatchback, it can be rough at times.*

## Reservations

1. To confirm your attendance the form below must be completed and returned via mail, email or in person.
2. To secure your lodging request and preference a \$35 non-refundable deposit is due by Sunday, September 18, 2022 and can be paid online here:  
<https://erin-damour.square.site/product/2022-retreat-deposit-non-refundable-/31>  
*Please comment in the "Note to Seller" box indicating your lodging preference.*
3. Room pricing is listed for single occupancy and will be adjusted if sharing a bed with a partner/friend. Space is limited.

## Refunds and Cancellation Policy

All cancellations must be made in writing. Final invoice balance payment is due by Saturday, October 1st and non-refundable after Wednesday, October 5, 2022.

This policy is in addition to any cancellation fees that may be levied by 3rd parties, such as Vista Verde Retreat.

# REGISTRATION FORM | NEW MOON NATURAL TIME NIA RETREAT

<b>FIRST</b>		<b>LAST</b>	
<b>MAILING</b>			
<b>PHONE</b>		<b>EMAIL</b>	
<b>DIETARY RESTRICTIONS</b>	<input type="checkbox"/> Allergies/aversions _____ <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Other: _____		
Any conditions that may affect your participation?			
<b>PACKAGE \$200 + LODGING</b>	→ \$175 (3 Nia classes, Friday reception, dance party, 2 breakfasts, workshop TBD) and \$25/person cleaning fees		
<b>PAYMENT OF RETREAT:</b> Full payment (\$200 retreat fee and your lodging) can be made here: <a href="https://erin-damour.square.site/product/new-moon-natural-time-nia-retreat-registration/29">https://erin-damour.square.site/product/new-moon-natural-time-nia-retreat-registration/29</a>			
<b>\$35 DEPOSIT</b> to secure lodging requests can be paid at the link here. Please indicate your lodging preference in the "Note to Seller" box. A balance invoice will be sent September 25, due by Oct. 1st. <a href="https://erin-damour.square.site/product/2022-retreat-deposit-non-refundable-/31">https://erin-damour.square.site/product/2022-retreat-deposit-non-refundable-/31</a>			
<b>EMERGENCY CONTACT:</b> (Name, phone, relationship)			
<b>PAY VIA</b> cash, check, CC, at class or the following →	<b>US POSTAL SERVICE</b> Erin Damour 812 Palomas Dr. NE Albuquerque, NM 87108	<b>PayPal:</b> <a href="mailto:erindamour@gmail.com">erindamour@gmail.com</a> (Friends/Family) <b>Venmo:</b> @wrendamour <b>Square/Online:</b> <a href="#">Register and pay online here.</a>	

## *Cancellation of Retreat*

We reserve the right to cancel should there be grounds to do so, in which event the entire payment will be refunded. We are not responsible for any other travel arrangements affected due to the cancellation.

## *Insurance*

It is strongly recommended that participants take out travel insurance cover against cancellation and curtailment, operator or airline default, medical expenses, loss of luggage and personal effects. Nia with Erin will not be responsible for costs borne by clients due to cancellations. **I have read, understood and agreed to the terms and conditions detailed on this reservation form.**

SIGNED ..... DATE .....

# Natural Time Nia Weekend Itinerary

## Natural Time Markers

During this weekend retreat we'll be approaching the October New Moon and should allow for great night sky viewing. Also, according to the Japanese "small seasons" calendar, Sunday, October 23 is the *Start of the Descending Frost* (霜降 Sōkō) when the first frosts arrive and rains disappear as the tree's leaves begin to turn yellow.

### Fri. October 21

1:30 p.m.  
2:30 – 3:15 p.m.  
3:15 – 5:30 p.m.  
5:30 p.m.  
6:00 p.m.  
6:18 p.m.  
7:30 – 9:00 p.m.

### Showing up for Yourself

Arrivals and Settling In  
*Gentle Nia Class and Intention Setting*  
*Free time to explore and settle in.*  
Meet and Greet and tour of Vista Verde  
Welcome Reception  
*Sunset and Waning Crescent Moon*  
*Opening Circle and Freedance Party*

### Sat. October 22

7:17 a.m.  
8:00 – 9:15 a.m.  
9:30 a.m.  
9:30 – 5:15 p.m.  
5:15 – 6:30 p.m.  
6:17 p.m.  
7:30 p.m.

### Creating Space for Response-Ability

*Sunrise*  
*Natural Time Nia Class*  
Breakfast  
*Free time and lunch on your own. Possible workshop TBD.*  
*Sunset Nia Class*  
*Sunset*  
Group Potluck Dinner and Free Time

### Sun. October 23

7:18 a.m.  
8:00 – 9:15 a.m.  
9:30 a.m.  
11:30 a.m.

### Ride the Flow of Natural Time

*Sunrise*  
*Natural Time Nia Class and Closing Circle*  
Breakfast  
Departures

If you have questions about the location, lodging or the retreat in general, please don't hesitate to contact me.

**Thank you for your reservation.**