Inner and Outer Landscapes
New Mexico
October 19-24 2014

A visit to some of the most interesting human and natural landscapes of the Southwest. We’ll integrate our inner journey with the vast landscape of contemplative practices.

Yoga, Well-Being & Sustainable Living in the Land of Enchantment

A visit to some of the most interesting human and natural landscapes of the Southwest. We’ll integrate our inner journey with the vast landscape of contemplative practices.
Dear Smith Alumnae -

I invite you to join me on a Southwest wellness journey that will bring us to some of the most beautiful vast landscapes of the U.S. The theme of our tour is "Inner and Outer Landscapes."

Like no other American city, Santa Fe will enchant you with its colorful fusion of Native America and the rustic atmosphere of the Wild West. We’ll embark on an adventure with fellow alumnae/i that will include morning yoga sessions, art galleries, local cuisine - and that’s just our first few days together. Honored in 2005 as one of UNESCO’s Creative Cities, Santa Fe is the only place in North America bestowed with this honor; you’ll discover the folk art, design and spirit that make this city one of a kind.

We will continue on to Taos where you will experience an exciting mix of stunning beauty, mountains, desert, unique local artisans, and views that go on for miles. With 325 days of sunshine a year, you’ll be able to walk from art galleries to museums as you immerse yourself in the local culture. We will compare the Taos Pueblo architecture with sustainable architecture projects on the outskirts of town; we will visit natural hot springs, and enjoy a hike to the gorge over the Rio Grande.

On our return journey to Santa Fe, we will stop at Santuario de Chimayo. Built in 1813 in response to miraculous occurrences, Santuario de Chimayo is one of the most important pilgrimage sites on the continent.

We invite you to share in our hatha yoga classes, evening relaxation, and seminars on wellness. Our listening meditations and sound baths are geared towards the expansion of listening awareness, and breathing exercises will deepen the awareness of the energy necessary to “take in” all the experiences that our wellness tour offers. We will let the elements guide us in our journey of inner and outer exploration, to teach us how we can create a happy and sustainable life for our loved ones and ourselves.

Join us. Namaste!

Professor Sangeeta Laura Biagi, Ph.D

A Note from Pravassa Wellness Travel

Pravassa Wellness Travel is about letting you experience the world from a place of wellness, which grounds us and allows us to experience each tour with appreciation for our mind, body, soul, and the location we are visiting. We want you to understand that you have the freedom to skip any wellness activity that does not resonate with you. Please note that all carefully selected and prepared meals provided for the group on this tour will be vegetarian (no meat, no fish, no shellfish). A vegetarian diet is the most suitable one for our contemplative and yogic practices. Our selected menus will provide us with plenty of protein, minerals, and vitamins to sustain us throughout our journey and allow us to experience a light, fresh, and fun way to travel. In your solo time, please feel free to explore our destination as you like and eat what you like. Prior to departure we will provide recommendations for all off-tour activities.
OUR TRIP BEGINS BEFORE WE LEAVE

In order to flow seamlessly into your wellness journey, Pravassa Wellness Travel schedules a pre-departure wellness consultation with each client to discuss your current lifestyle and answer any questions you have about our programs. Before your departure you’ll receive our exclusive travel guide with recommendations for off-tour activities, and other materials to enhance your tour experience.

Our Wellness Hotels

Pravassa Wellness Travel specializes in forming relationships with locally run and managed hotels that support the communities we are visiting to foster wellness around the world. Our hotel choices in Santa Fe and Taos are small boutique accommodations that will enable you to experience the heart and charm of the Southwest.

Welcome and Yoga Introduction

Our program starts in our group space with a welcome from Professor Biagi and a gentle yoga class to work out the kinks from your travel day. We’ll end our welcome session with a short orientation about our tour led by Pravassa Wellness Travel founder, Linden Schaffer, during which we will discuss our itinerary and daily themes.

Dinner at Hotel and Opening Celebration

Local, organic, farm-to-table food is how Pravassa Wellness Travel likes to nourish our clients from the inside out. Our welcome dinner in Santa Fe is no exception. Our authentic New-Mexican inspired menu uses the freshest local ingredients and is presented in nouveau combinations that complement, without overpowering, each other.
The Tour in Detail

**DAY ONE**

Theme: Earth Element - Grounding

We gather energy by stretching and grounding, and learn to establish the self in a new context.

Activities:
- Depart for Santa Fe, NM
- Arrival and Airport Transfer
- Welcome and Yoga Introduction
- Dinner in Hotel

**DAY TWO**

Theme: Water Element - Feeling

We move energy in mindful walking and touring, become acquainted with each other, and enjoy discovering the flavors of the Southwest.

Activities:
- Morning: Coffee & Tea, Yoga, Breakfast
- Guided Tour of the O'Keefe Museum where we'll Explore the Contemplation of Art.
- Lunch on own with Free Time to Explore Santa Fe Plaza
- Hands-On Vegetarian Wellness Cooking Class
  - Held at the award-winning Santa Fe School of Cooking, our class focuses on local New Mexican cuisine. Tonight we will learn about the region's food history, try our hand at making dishes, and enjoy our creations when we dine together.

**DAY THREE**

Theme: Celestial Element - Healing

We travel to the healing waters at Ojo Caliente, which is the perfect place to absorb the creative and healing change we have experienced thus far. Our afternoon visit to Earthship Biotecture, a unique community, shows us how technology and ancient ways are combined resulting in a new way of living.

Activities:
- Morning: Coffee & Tea, Yoga, Breakfast
- Scenic Drive to Ojo Caliente Hot Springs for soaking treatments, lunch, and hiking trails.
- Guided Tour of Earthship Biotecture led by Professor Biagi
- Dinner on Own
After Your Return

Glowing from our wellness tour, we want you to continue on your wellness path. Here are some ways in which you can share your journey:

- View and share the photos from our tour posted on the Pravassa Wellness Travel Facebook and Instagram pages, as well as those on the PravassaWellnessTravel.com website.
- Enjoy Pravassa’s bi-monthly eNewsletter, which features ways to continue your wellness journey at home and when traveling.

DAY FIVE
Theme: Fire Element - Creating

Our morning will be spent with renowned Taos photographer Lenny Foster, whose work is featured on the cover of this brochure. Together we’ll gain a better understanding of the Native American culture, and then hike the land showcased in his works.

Activities:
- Morning: Coffee & Tea, Yoga, Breakfast
- Private Gallery Tour with Photographer Lenny Foster
- Guided Hike
- Lunch on Own
- Healing Treatment of Choice
- Optional Afternoon Reflection Session
- Closing Dinner

DAY SIX
Theme: Mind Element - Thinking

During our last morning in the Land of Enchantment, we’ll contemplate the relationship between the mind and heart, carrying our experiences with us as we return home. Our visit to pilgrimage site Santuario de Chimayo provides us with the opportunity to contemplate devotion, faith, and pilgrimage as the early settlers did.

Activities:
- Morning Coffee & Tea, Yoga, Breakfast
- Parting thoughts from your Wellness Faculty and your trip companions
- Visit to Santuario de Chimayo, followed by departure for the Santa Fe Airport

The Tour in Detail Cont...

DAY FOUR
Theme: Air Element - Sharing

We will experience how the human and natural environments are integrated during our visit to 1,000-year-old Taos Pueblo, considered the oldest continually inhabited community in the US. Together we will share breathing and listening exercises.

Activities:
- Morning: Coffee & Tea, Yoga, Breakfast
- Guided Tour of Taos Pueblo, a Living Native American Community
- Light Lunch with Food Education Session led by Linden Schaffer
- Free Time to explore Taos Plaza and local Art Galleries
- Healing Treatment of Choice
- Dinner on Own
- Optional Evening Relaxation Workshop

Santuario de Chimayo
# Pravassa Wellness Travel Packages

## SANTA FE

<table>
<thead>
<tr>
<th>Accommodations</th>
<th>2 nights boutique accommodations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airport Transfers</td>
<td>Pre-arranged Group Pick-up</td>
</tr>
<tr>
<td>Guided Tours</td>
<td>O’Keeffe Museum</td>
</tr>
<tr>
<td>Wellness Activities</td>
<td>Hands-on Cooking Class &amp; 3 Yoga Sessions</td>
</tr>
<tr>
<td>Wellness Seminar</td>
<td>Opening Night Introduction by Linden Schaffer</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Daily</td>
</tr>
<tr>
<td>Dinner</td>
<td>2 - Welcome Celebration &amp; Cooking Class</td>
</tr>
</tbody>
</table>

## TAOS

<table>
<thead>
<tr>
<th>Accommodations</th>
<th>3 nights boutique accommodations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airport Transfers</td>
<td>Pre-arranged Group Return</td>
</tr>
<tr>
<td>Guided Tours</td>
<td>Taos Pueblo, Earthship Biotecture</td>
</tr>
<tr>
<td>Wellness Activities</td>
<td>Afternoon at Hot Springs, Hiking, 2 Yoga Sessions, a Massage &amp; Optional Evening Relaxation with Professor Biagi</td>
</tr>
<tr>
<td>Wellness Seminar</td>
<td>Opening Night Introduction by Linden Schaffer</td>
</tr>
<tr>
<td>Ground Transportation</td>
<td>For all pre-arranged Group Activities</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Daily</td>
</tr>
<tr>
<td>Dinner</td>
<td>1 – Closing Dinner</td>
</tr>
</tbody>
</table>

### Additional Inclusions

- All gratuities and Pravassa Wellness Travel will be purchasing travel insurance on your behalf.

### Additional Costs

- Airfare to/from Santa Fe
- Meals and Expenses Outside Tour Package

### Pricing Packages

- $2,990 Shared Accommodations (Double)
- $3,390 Private Accommodations

---

We are excited to welcome you to New Mexico, where you will be joining a small select group of 14 to 18 like-minded travelers from Smith College and Vassar College. We welcome all fitness levels. If you want help deciding if this tour is for you, please feel free to get in touch with us, our contact information is below.

Santa Fe and Taos, New Mexico have elevations of close to 7,000 feet. Please consult your doctor if you have any concerns regarding the altitude.

---

To book, or for more information, please visit:
[www.pravassawellnesstravel.com/smithtravel](http://www.pravassawellnesstravel.com/smithtravel)

info@pravassawellnesstravel.com  +1 888-980-5726

For questions regarding this or any other Smith Travel Program, please contact
Liz Bigwood, Smith Travel Director
alumtrav@smith.edu  +1 800 225 2029

---
SANGEETA LAURA BIAGI, PH.D.
Scholar, Yoga Instructor, Life Coach, and Guide

Originally from Siena, Italy, Sangeeta Laura Biagi is an artist and educator in the fields of art, music, yoga, and sustainable living. Dr. Biagi received a Master of Arts and Ph.D. from the Department of Performance Studies at New York University. She served as a visiting Professor and Scholar in Italian Folklore at New York University and Vassar College between 2007 and 2013. She received the Carolyn Fae Grant at Vassar College in 2010, 2011, and 2012 to bring contemplative and yogic-based practices into academia. Dr. Biagi holds a Senior Yoga Teacher diploma from the International Center for Yoga Education and Research in Pondicherry, India. She has been teaching Nada Yoga (the Yoga of Sound) in India, Italy, Germany and New York. Dr. Biagi co-authored the book Saraswati’s Pearls: Dialogues on the Yoga of Sound with her teacher, Yogacharya Dr. Ananda Balayogi Bhavanani. During the 2014 – 2015 academic year, Sangeeta will be a Visiting Assistant Professor in the Italian Studies Department at Vassar College.

LINDEN SCHAEFFER
Wellness Expert, Consultant, and founder of Pravassa Wellness Travel

Linden Schaffer has been leading travelers around the world on wellness tours since 2009. As a certified Wellness Expert, her presence on-site enables clients to reach their full wellness potential by facilitating individual relaxation, stress reduction, life-balancing education, and making sure each client’s needs are met. When not on the road, Ms. Schaffer holds seminars, attends speaking engagements, writes a monthly column for the Huffington Post, and is a regular contributor to MindBodyGreen, the largest wellness website. She just completed filming a wellness video series for Livestrong.com.
Close to our heart, mind, body, and soul, our company wellness standards hold the foundation for everything we build. These principles have guided our company’s wellness practices from inception and our promise to you is that you can expect them on every Pravassa Wellness Travel tour.

- boutique hotel accommodations that support the surrounding local community
- nutrient rich local food
- wellness modalities including physical activity, relaxation, and stress reduction offered in concert to create a more balanced self
- cultural excursions that allow you to interact with the community around you
- individual and group sessions with wellness experts throughout your journey
- reconnection with your sense of self along with solo time to reflect
- commitment to sustainability by reducing waste along with our carbon footprint
- opportunities to disconnect from the digital world
- time to be at one with nature
- pravassa journeys are 100% smoke-free