

A WORKSHOP TO SUPPORT YOUR CREATIVE PROJECTS

5 DAYS OF PEACEFUL, INSPIRING TIME & VAST OPEN SPACE TO FOCUS ON THE PROJECTS THAT ARE KNOCKING AT YOUR HEART'S DOOR

- SERENE LANDSCAPES
- UNINTERRUPTED TIME
- SUNRISE/SUNSET YOGA

- NOURISHING MEALS
- NATURE WALKS
- STARGAZING

JULY 7-13, 2024

\$2,000; EARLY BIRD BY 4.20 \$1,850 LIMITED TO 10 SPACES ALL CREATIVES
WELCOME

FOR MORE INFO & TO SIGN UP: info@monteprieto.com monteprietoranch.com/events

MONTE PRIETO
RANCH & RETREAT CENTER | NEW MEXICO

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Details of creativity retreat

July 7-13



Join us for a mid-summer workshop in a serene, remote location for creatives who seek peace, quiet, and focus offered by uninterrupted time to work on or complete creative projects. You can hole up and not see a soul other than at mealtimes, or you can take advantage of daily offerings designed to clear and unblock the body, mind and soul as compliments to your creative work.



Daily practices (all optional) offer the opportunity to unblock and engage more fully with your inner creative and authentic self. These are followed by seemingly unending time and space to bring that freedom to your individual creative projects.

These offerings include: movement yogic practices to unblock and clear the body, contemplative meditations to clear the mind, soundscape and evening meditations/nidra for peaceful relaxation, sunrise yoga, guided nature walks, cold cattle tank plunges in the heat of the day, and daily honoring of the directions to connect with the sacred and stark land that will ultimately be the guide and hold the creative process for each attendee. We encourage and invite connection with the land/nature as a rich way of deepening into our inner nature, allowing more alignment with our creative truths. Nature is creative; nature is creation. Whenever we come back into more humbled and connected relationship to nature, we come back into a relationship with our creative channel.

The retreat will be supported by Earth Ways Yoga instructor, painter, writer, and midwife Bry Kring, and professional musician, producer and vocal coach, Julian Peterson, and shepherded by our faithful MP guardian and cowgirl extraordinaire Molly Baldrige and her trusty sidekick Mosie the Aussie.



The Monte Prieto ranch is located in the middle of nowhere, New Mexico and there is nowhere better to engage with the inner whispers of your creative self. Bring any project in any portable medium and a creative, open, and curious heart, for five full days (six nights) of peaceful, productive time in a beautiful, magical, and dramatic high desert.

You will sleep in a comfortable room, eat delicious, nourishing meals three times a day prepared by a professional chef (Daniel) focused on organic locally sourced ingredients. You will have time to share your work with fellow retreaters if you wish, and most importantly, you will be supported in many different ways to remove any creative blocks you may be experiencing.

<u>Cost</u>:\$1,850 early bird (paid by 4/20/2024) \$2,000 (if paid after 4/20/2024).

Space: limited to 10 attendees

Sign up: email info@monteprieto.com to secure your spot. You will receive handout to fill out and payment info

<u>Payment</u>: deposit of half the total cost will save your spot, total payment due 6/1/2024



For a clearer creative mind we encourage this to be a sober week. Alcohol is not prohibited, but will not be provided. You may bring your own if you would like. Daily curated and creative mocktails will be provided, crafted by local mixologist, Mel.

Respectfully note: hallucinogenics/hard drugs of any sort are prohibited.

BRY KRING | JULIAN PETERSON

EARTH WAYS YOGA + inspired soundscapes

A TOOL TO SUPPORT CREATIVE FLOURISHING

Earth Ways Yoga (EWY) is a system of yoga rooted in three layers of traditional wisdom: Yoga, 5 Element Philosophy, and Nature. This yoga invites internal balance and reminds us that **humans are not separate from nature**. When we remember this, we are naturally guided back to our innate, child-like inspiration.

No matter what our medium is as a creative, much of our artistry is held within the physical body. EWY invites authentic movement, sound, and expression, and helps to release tension in the body and meridian lines, which directly supports our innate creative channel to flourish, freely and delightfully.



GUIDED BY ORGANIC CREATION OF SOUND-SCAPED, MUSIC, THIS YOGA EXPERIENCE IS BEYOND THE PHYSICAL PRACTICE.

who we are

BRY KRING

Bry is a midwife, nurse practitioner, artist, and yoga instructor. She has guided yoga in various states and countries. She has been a yogi since 2010, and an instructor since 2014. In yoga, she brings a sense of awe, reverence, and humility to her teachings. She helps her students to feel safe, grounded, and more in-tune with their true teacher: the innate connection between their bodies, their essences, and nature. Bry has foundational training in Hatha yoga and more intensive training and mentorship in Earth Ways Yoga.



JULIAN PETERSON

Julian has been a professional musician for 18 years. He has performed on some of the most historical stages. He holds a music degree from Berklee. He also engages in music consulting, coaching, and producing, helping creatives to uncover their unique sound. He discovered his love of sound-scaped music while playing in yoga classes, casually, in 2016. This soon evolved into a passion for facilitating a musical experience, unrehearsed and unplanned, to follow the energy of the class as it unfolds. His music complements Earth Ways Yoga perfectly as it facilitates vibration that grounds and inspires the body and heart and breath to connect more fully into the present moment.

testimonials

CALIFORNIA

"Bry is a powerful healing practitioner—I have had the honor of being supported by Bry in the form of yoga, breath and movement in Earth Ways Yoga. Bry truly honors the Earth's powerful teachings and elements as a healer. She cares deeply for this work, which is clear in the way her Spirit shows up to it—open, curious, and warm. Her support has always felt soft, supportive, and deeply connective. I've experienced greater integration, expansion, and emotional support through practicing with Bry. Her commitment to her own journey, care of Self, and honoring Mother Nature serves as an inspiration for how we can better show up for ourselves and the Earth, together." – N.R, Family Therapist

COLORADO

"Bry is an intuitive, gifted instructor of Earth Ways Yoga. Her teachings of the Five Element Philosophy and Native Ways are truly poetic and steeped in wisdom. You will feel deeply held as she safely guides you through your practice. Hope to see you in a class." – LS. Therapist, Yoga Instructor

TENNESSEE

"I feel so lucky to take each of her classes because Bry has a way of pushing you to your limit physically, while at the same time dropping wisdom on you that is so enlightening and comforting. I'd be grateful for a class that's physically challenging or one that's spiritually illuminating. In Bry's classes, you get both. She tangles it all together as if it's all one, which of course it is. She's obviously been a student of the earth and the body for many years. I think it's wonderful that she's found a way to share with us all what she's found to be true." – B.E, Musician, father

NEW MEXICO

"If you are looking for an alchemical experience on the mat Bry is the teacher for you. She brings vibe and integrity into every class she designs. Grounding and heart felt – I love Bry's yoga classes so much. I feel tuned into the elements and deeply connected to my body after practicing with her." – C.H, Teacher, Herbalist