



Yoga in Joshua Tree National Park

Experience the silence and beautiful simplicity of the high desert of Joshua Tree National Park. Grounding our feet into the Earth we will lift our arms to the sky in sun salutations greeting the morning light. The retreat includes four yoga sessions with afternoon options of rock climbing, hiking and meditation. Whether you are new to yoga or a seasoned practitioner, this personalized trip is for you. Spend two nights in the Indian Cove campground and enjoy vegetarian meals. Complete yoga and camping gear will be provided.

About your leader:

Al Toth is a personal trainer, yoga teacher, and adventure guide who thrives on combining fitness and recreation. Registered as a yoga teacher at the 200-hour level with Yoga Alliance, he has attended workshops with BKS Iyengar and Patahbi Jois. His style combines elements of Iyengar, Ashtanga, and Vinyasa yoga for an active and well-rounded practice. His teaching is known for its clarity, enthusiasm, precision, and alignment. Toth continues to inspire and motivate others with his holistic approach to wellness and a healthy lifestyle. He has been leading trips for Aztec Adventures for four years.

Dates: **Orientation: Monday, May 7; 7:30–9 PM**
 Trip: Friday, May 11; 12:30 PM to Sunday, May 13; 6 PM
 OR
 Orientation: Monday, October 22; 7:30–9 PM
 Trip: Friday, October 26; 12:30 PM to Sunday, October 28; 6 PM

Cost: **Member \$260; Nonmember \$290**

DAY 1

Meet Al Toth and staff from Aztec Adventure at 12:30 PM at the Park 'N Ride at 4350 Pacific Highway (619.295.9745; \$4 per day). Depart at 1 PM. We will make stops for rest breaks, gas and snacks, arriving at Joshua Tree at approximately 4:30 PM. Set up camp and enjoy the first yoga session, watching the sunset, and enjoying dinner around the campfire.

DAY 2

Rise and shine at 6 AM for morning tea. Enjoy the morning yoga session from 7–9 AM followed by breakfast. After breakfast, we will have personal time and an optional adventure activity of an introduction to rock climbing and bouldering, or exploration of the Joshua area. After lunch, enjoy more rock climbing, a 4 PM yoga session, and solo meditation. Wrap up your day with dinner and a campfire.

DAY 3

Rise and shine at 6 AM for morning tea. Enjoy a yoga session from 7–9 AM followed by breakfast. After breakfast, pack up and hike in the Hidden Valley area. After lunch, enjoy an optional yoga session and solo meditation. At 3 PM, depart for San Diego.

Cost includes:

Professional instructors, eight hours of yoga instruction, camping fees, round-trip transportation via air conditioned 15-passenger van, six prepared meals, and complete outfitting of all yoga, camping, and rock-climbing gear.

Cost does not include:

Personal expenses such as on-the-road purchases and snacks.

Suggested equipment list:**Clothing:**

You will be provided with a clothing list upon registration and at our pre-trip meeting. Please limit yourself to one duffel bag.

Camping and lodging:

Friday and Saturday night will be spent camping in the Indian Cove section of Joshua Tree National Park. We will have additional space for setting up our camp kitchen, sleeping area, camp fire and yoga area. Indian Cove is a developed campground where many other visitors will be camping as well. All fresh drinking, cooking and bathing water will be carried in by van. We will strive to make your camp experience as comfortable as possible, but understand that you will be visiting a primitive, high desert environment. Restrooms are vault toilets (similar to outhouses).

Food:

Plan on this aspect of the trip being very rewarding. We hope you will be amazed by some of the delicious vegetarian dishes that will be prepared by our trip leaders. Common dinner meals include: stir fry vegetables, tofu, and rice or vegetarian chili and cornbread. Breakfast offers: whole-wheat pancakes, fresh fruit, yogurt, granola, oatmeal, dried fruit, and honey. Lunches served: whole-grain bread, veggie “turkey” slices, sprouts, avocado, tomatoes, cheese, soy spreads, carrots, hummus, fresh fruit, and sweets. Beverages include an assortment of teas and coffee. We even serve dessert. Peach cobbler and fruit compote are two of our specialties. Please let us know if you have any dietary restrictions on your Medical Disclosure Form (which you will receive with your confirmation letter).

Health and physical conditioning:

Yoga can be strenuous at times. With proper instruction and technique you should enjoy a rejuvenating workout. We recommend that you participate in one of the many ARC group fitness yoga classes before this trip to condition yourself. Keeping yourself well hydrated, fueled up, and protected from the sun is essential to keeping your energy level high.

Risks, hazards, and safety:

Joshua Tree National Park is a high desert environment. This time of year the heat and sun can be very taxing. Staying well hydrated and protecting the skin is a must for an enjoyable and safe experience. Wind is always a possibility—especially at night. The terrain is filled with desert plants that possess sharp spines and branches. Wildlife common to the area consists of rattlesnakes, jack rabbits and coyotes. It is rare for visitors to have a negative encounter with the wildlife. Lastly, you will be camping,

sleeping on the ground either in tents or under the stars. We will cook our meals over a propane stove and enjoy a campfire at night.

Our expectations for participation:

Participants must be in good physical condition and health, able to participate in four hours of yoga a day in a primitive desert environment. We will enjoy meals together and divide equally all necessary tasks, such as cleaning dishes and setting up camp.

Weather:

Warm days, cool nights, and plenty of sunshine is the norm. It would be rare to experience rain or cold. Expect temperatures as high as the 90s and as low as the 50s. Windy conditions are possible—but nothing we can't prepare for.

To register, call 619.255.0203 or visit www.sdnhm.org.