



**FOR IMMEDIATE RELEASE**

**Monday, January 28, 2008**

**LIBERATION THROUGH YOGA AND BUDDHISM**

*Santa Fe, New Mexico*— The Upaya Zen Center invites the yoga community to “Liberation through Yoga and Buddhism,” May 22 through May 25, 2008. This powerful and rare retreat will be led by two master teachers, Richard Freeman and Roshi Joan Halifax.

Santa Fe’s characteristic distinctive light, peaceful and idyllic landscapes, dramatic skies, and breathtaking mountains make it an ideal location for this healing and liberating workshop for the body and mind.



The spirit of yoga and Buddhism comes alive with guided yoga practice, evening talks, meditation, and silence. Richard Freeman, a renowned teacher of Ashtanga yoga in the tradition of K. Pattabhi Jois, will integrate the yoga practice with Dharma. Roshi Joan, Abbot of Upaya Zen Center, will explore the shared principles of yoga and Buddhism through dharma exchanges with Richard in the evenings.

“Liberation through Yoga and Buddhism” takes place at Upaya’s beautiful Santa Fe campus nestled in the Sangre de Cristo Mountains. The monastery is two miles from downtown Santa Fe in the quiet historic eastside.

Asian/Southwestern style lodging is available with rooms varying from monks' rooms to doubles and dorms. The Upaya welcomes and encourages guests to come early or stay longer for personal retreat time following the “Liberation through Yoga Buddhism” workshop.

[www.upaya.org](http://www.upaya.org)



**WHAT: LIBERATION THROUGH  
YOGA AND BUDDHISM**

**WHERE:** Upaya Zen Center  
1404 Cerro Gordo Road  
Santa Fe, New Mexico 87501

**TUITION:** \$525 (\$475 members)



**INFO:** [www.upaya.org](http://www.upaya.org). 505-986-8518; [Upaya@upaya.org](mailto:Upaya@upaya.org)



The Upaya Zen Center addresses many different areas of life, including deep contemplation, work with dying people, a revolutionary chaplaincy program based in systems theory, the arts, women's studies, and much more.

## **IMAGES AVAILABLE UPON REQUEST**

Contact:

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