

HARMONY

GOLDEN DOOR SPA AT THE PEAKS RESORT NEWSLETTER

ARE YOU READY FOR AN AWAKENING?

WE ARE THRILLED TO BE CO-HOSTING THE TELLURIDE GOLDEN AWAKENING INTENSIVE WORKSHOP

October 2nd-4th, 2009—Now is the time to have a life changing experience! Telluride is blessed to welcome the profound and incredible presence of Karen Korona, Master practitioner and Counselor. The practices offered are needed by yogis, therapists, healers, counselors, teachers and all others living the spiritual path.

◆ **INTRODUCTION WORKSHOP: LECTURE AND DEEP MEDITATION**
FRIDAY, OCT. 2ND • 6:30-8:30 PM • TELLURIDE YOGA CENTER • \$25

Prepare to be spiritually balanced and unify with consciousness during the profound shift of your transformation. You will also learn of the shift occurring around 2012 through the gifts of Mayan elders and prophecies of other masters. Learn practical means to contain energy and create focus during these intense times.

◆ **EXPANSIVE WORKSHOP: ALL LEVELS WELCOME!**
SATURDAY, OCT. 3RD • 9 AM-12 PM • THE PEAKS RESORT • \$75

Kundalini Practice to Awaken the body and soul.

◆ **CULMINATION WORKSHOP: ADVANCED MEDITATION**
SAT/SUN, OCT. 3-4 • 12-7 PM/9 AM-1 PM • THE PEAKS RESORT • \$250

Advanced Meditation Healing Light Body Intensive—Learn the miracles and gifts of the Ladihan practice and deep soul alignment. This is the workshop for the healer, therapist and seeker of the Light. Then a Full Moon Ceremony Culmination on October 4th.

Full Intensive Workshop Discount—\$300 (save \$50)

Book now with Lorrie.tellurideyogaretreats@hotmail.com or 970.729.1783

Fitness News

YOGA PRODUCTS ARE NOW AVAILABLE AT THE PEAKS

Finally there is a durable, good for the earth alternative to 'normal' yoga mats. The Manduka 'eko-mat' is compostable, non-toxic, made from non-Amazon harvested tree rubber is reinforced with recycled silk and cotton. This natural rubber mat has the longevity of 10,000 practices.



MANDUKA BLACK MAT—

Renowned by serious Yogis and hailed as the 'Bentley' and the 'Taj Mahal' of yoga mats. This amazing mat is ideal for Yoga and Pilates Practitioners looking for performance, comfort and longevity of 20,000 practices.

COMPLIMENTARY PRIVATE YOGA SESSION W/ PURCHASE

Jump start your program today with one of our talented yoga instructors when you purchase \$150 of Manduka yoga products including mats, bags, straps and cork blocks!

Contact Alyssa Saunders with questions—729-0810.

GOLDEN DOOR WHITE BEAN, ROASTED TOMATO AND ROSEMARY

SPA CUISINE RECIPE of the MONTH

INGREDIENTS

- 2 cups dried cannelloni beans
- 1 (28 oz.) can whole Italian plum tomatoes
- 6 garlic cloves, peeled
- 2 tbs. olive oil
- 1 medium onion, diced (1 cup)
- 4 cups chicken or vegetable stock
- 1/2 tsp. kosher salt, or to taste
- 1/8 tsp. freshly ground black pepper, or to taste
- 4 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 1 bay leaf
- 2 cups fresh spinach leaves, chopped
- 1/2 cup thinly slices scallions (white and green parts)

This savory soup is not only delicious but packs a healthy punch of the three Super Foods—beans, tomatoes and spinach—in one bowl!

Rinse the beans in cold water and pick them over, discarding any stones or debris. Place them in a large bowl and pour enough cold water to cover by 2 inches. Let stand overnight. Drain the beans and set aside. Preheat oven to 400° Fahrenheit.

In a 2-quart baking dish, pour in tomatoes with their juice and add the garlic. Drizzle with 1 tbs. of the olive oil. Roast, uncovered, until the tomatoes and garlic are slightly browned in spots and the liquid has reduced, about 45 minutes. Transfer the tomatoes, garlic, and pan juices to a blender or food processor and blend just until the mixture is slightly chunky, working in batches if necessary. Set the mixture aside.

In a 3-quart saucepan, heat the remaining 1 tbs. olive oil over medium heat. Add the onion, reduce the heat to medium-low and cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes.

Stir in the beans, stock, and a pinch each of the salt and pepper. Raise the heat to medium-high and bring the mixture to a simmer. Tie the rosemary and thyme sprigs and bay leaf in cheesecloth and add them to the pot. Reduce the heat and simmer, covered, until the beans are tender, 1 to 1 1/2 hours.

Remove and discard the herb bundle. Stir the roasted tomato puree into the soup and bring it back to a simmer. Add more stock if necessary so the soup has a brothy texture. Stir in the remaining salt and pepper. Remove the pan from the heat, and stir in the spinach and scallions. Serve hot. —from "Golden Door Cooks at Home" now available at the Spa Boutique

baby news!

Kelley McKenzie, one of our fabulous Pilates instructors gave birth to Violet Elle McKenzie on September 12th. Congratulations Kelley and Wayne!

"WHY JUST WORKOUT WHEN YOU CAN WORK WITHIN?"

STEVE ILG, FOUNDER WHOLISTIC FITNESS

Steve is an amazing athlete and inspirational fitness coach. The Peaks partnered with Coach Ilg to film his new fitness DVD here in late September. Learn more about Coach Ilg at his website.

www.wholisticfitness.com

NEW MEMBER SURVEY..... Contact: kdickinson@luxuryresorts.com to be added to our email list

As most of you are aware, the many improvements made and initiatives in place were prompted by the feedback we have received from our members. In order to continue this valuable dialogue, we will be sending out a member survey soon. Please be on the lookout for that as we always appreciate your input on how we can improve the spa. The survey will be delivered via email so make sure you are on our email list.