



Indulge all your senses at this retreat in the high desert of New Mexico.

APRIL 4 – 7, 2019

APRIL 4, 2019 – Day of Arrival

Check in to the Retreat at the Adobe House at 6 PM.

You may arrive at Ojo Caliente any time after 7:30 AM on the 4th and enjoy soaking in the mineral pools or hiking the numerous scenic trails. You may also choose to eat lunch at the award-winning Artesian restaurant or receive a relaxing spa treatment (not included in the retreat package). Please let us know your anticipated arrival time so we can help you gain access to the resort and stow your luggage if needed. A locker, towel, and use of the Ojo signature body and hair care amenities are available for your use before checking in to the retreat.



Consider arriving a day or two early, or staying an extra day(s) after the retreat, to really absorb the environment and gift yourself a well-deserved treat! Call Ojo Directly to schedule your extended stay: 888.939.0007

GETTING HERE:

Fly to the airport of your choice.

Then, depending on your arrival location, rent a car or schedule a shuttle to transport you to Ojo Caliente.

(Ride-sharing may be available. If you're interested, please contact Michelle as soon as you book your flight to help connect you with other guests who may be interested in sharing a ride to the resort.)

Albuquerque International Airport	Santa Fe Municipal Airport	Colorado Springs Municipal Airport	Denver International Airport
Drive times to Ojo Caliente:			
111 miles, 2 hours	50 miles, 1 hour	255 miles, 4.5 hours	305 miles, 5.5 hours
Roadrunner Shuttle Service (only one available at this time)	Roadrunner Shuttle Service (only one available at this time)	Shuttle not recommended	Shuttle not recommended

RETREAT SCHEDULE (subject to change):

Thursday, April 4, 2019 - Day of Arrival

Check in to the retreat is 6 PM. at the Adobe House.

6:00 PM - 8:00 pm – Free Time

- Enjoy snacks, get settled in your room, enjoy the retreat house, and get to know your mastermind partners!
- Pair people up in partners for sharing.

8:00 PM - Quantum Business Mastermind Welcome

- What you can look forward to over the next few days
- Set intentions
- Setting the stage for tomorrow

On your own:

- Grab something for talking stick (explained in welcome)
- Write.

Friday, April 5, 2019

7:00 AM - 09:00 AM – Free time and breakfast

- 7:00 AM – Labyrinth walk
- 7:30 AM – Pools open for guests
- 7:45 AM – 8:45 AM – Breakfast is served

9:00 AM - 12:00 PM – Who Are You?

- Assessment
- Recalibration

12:00 PM – 2:00 PM – Lunch and Free time

- Soaking, spa services, creativity, walking, writing, or napping

2:00 PM – 4:30 PM – Part Two: Who Are You and Your Big Why

4:30 PM – 6:30 PM – Free time

- Soaking, spa services, creativity, walking, writing, or napping

6:30 PM – 7:30 PM - Dinner

7:30 PM - 9:30 PM – Creative Expression and Free time

9:30 PM - Quiet time in the house

Saturday, April 6, 2019

7:30 AM - 10:00 AM – Free time and breakfast bar – eat when you choose

- 7:30 AM – Pools open for guests

10:00 AM - 11:00 AM – Your Business Mission

11:00 AM – 12:00 PM – Labyrinth walk

12:00 PM – 1:00 PM – Lunch

1:00 PM – 6:00 PM – Deep Focus

- Mastermind, writing, goals, and planning with:
 - Partners
 - Private sessions with Karen and Michelle, 30 minutes each
- Creativity and personal time for spa services, etc.

6:00 PM – 7:30 PM – Dinner in Ojo Caliente Artesian restaurant

7:30 PM - 8:30 PM – Intention session at Adobe House

8:30 PM – Free time

9:30 PM - Quiet time in the house

Sunday, April 7, 2019 – Final Day

7:00 AM - 09:00 AM – Free time and breakfast bar – eat when you choose

9:00 AM - 10:00 AM – Create Your Project To-Do List

10:00 AM – 11:00 AM – Intentions and Takeaways, Closing, and Checkout

11:00 AM – Departure from the Adobe House

- Travel home
- Optional soaking day: you may stay and use the resort amenities until 10 PM.
- Spa treatment(s)
- Extend your visit

MORE ABOUT OJO'S AMENITIES:

Ojo Caliente is host to a variety of activities on its 1100 acres of property and on the many thousands of acres of state and national parkland surrounding the main property. Hiking, biking, and birding are favorite outdoor activities. 12 miles of mapped trails ranging from 1-mile round-trip to 4 miles round trip guide you past historic Tewa Native American pueblo sites, Mica mines with unbeatable New Mexico views, a Historic Places registered (and movie-famous) architectural treasure Round Barn and along-side the River Ojo Caliente.

Spa treatments feature Ojo's private blend of wild-crafted herbs and oils, perfect for pampering mind and body. If you do want a spa treatment, please schedule in advance – pre-payment is required.

Ojo Resort Main Numbers (for all reservations, including spa treatments):

[888.939.0007](tel:888.939.0007) or [505-583-2233](tel:505-583-2233)

Appointments are available from 9am to 8pm. Please coordinate spa appointments with retreat schedule.

[Complete Spa Menu](#)

[Property Map](#)

[Ojo Brochure](#)

Insider's Tips for a Great Visit to Ojo Caliente:

- **Soaking:**
 - Bathing suits are required in all public pools. Clothing optional is available in the Private Outdoor Pools which may be reserved for an extra fee at the Spa entrance.
 - Bring 2 swimsuits. Putting on a wet suit is not fun.
 - Bring oil-free sunscreen (only type allowed in pools.)
 - Have a suit you don't mind getting muddy and stained. The mud bath is worth a bit of mess!
 - The quietest and least crowded times to soak are early morning.
 - Ojo soaking is quiet time. If you want to soak, socialize and chat, consider renting a private pool.
- **Weather:**
 - Bring a hat – the high desert sun is intense. And we may have outdoor sessions or coaching.
 - Evenings and early mornings can be very cool:

April	28 Average Low	65 Average High
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 - This time of the year snow, or rain, is possible. Be prepared.
- **Hiking:**
 - Bring sturdy hiking shoes.
 - If you plan hiking while at Ojo, go early in the day to avoid the heat. Sunrise is awesome from the mesa.
 - Or, bring a headlamp and hike at night – star gazing is at its best in the desert southwest. And we'll be there during the new moon, so it should be spectacular!

- **Personal Notes:**

- Check twice to bring everything you need – the closest town for supplies is a 1-hour drive.
- The gift shop has some toiletries and other essentials but is limited in variety.
- The toiletries supplied in the rooms are from Ojo's signature product lines. Very nice.
- Don't bring valuables and don't take them to the pools. Bring a lock for the locker or buy one at the Spa entrance for \$5.
- Wi-Fi is available in all guest rooms, the spa entrance/lobby, wine bar, and lounge.
- Cell phone use is limited to your room or the large parking lot only. There are no phones in guest rooms.
- Ojo is a non-smoking facility. Smoking is restricted to the large center parking lot only. No smoking within 60 feet of any building.

About Altitude Sickness

Elevation at Ojo Caliente is 6,261'. Altitude sickness can be a real health issue that people don't recognize. Here are common symptoms:

Headaches ❁ Dizziness ❁ Loss of appetite ❁ Nausea/vomiting ❁ Fatigue/loss of energy ❁ Insomnia

To help counter the effects of altitude sickness:

- Hydrate before, and especially during your visit. This is the BEST remedy. Start BEFORE you arrive!
- The 3 S's: Slow down, Seek shade and Stay cool.
- Increase potassium-rich foods (broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, and tomatoes).
- Decrease salt.
- Eat complex carbs.
- If all else fails, take aspirin or ibuprofen, or a mild pain reliever of your choice.

We look forward to seeing you in April 2019 at Ojo Caliente – where we can all truly embody the work / play mindset of our Lifestyle Businesses. ~ Karen and Michelle

Ojo CALIENTE

