

Life Coach and Yoga Teacher Lisa Goodwin Completes One Retreat and Schedules Another

Students Learn Life Lessons at Week-Long Sedona, Arizona Workshop; Seventh Annual Session in Costa Rica Set for March 2010.

Oct. 21, 2009 - [PRLog](#) -- Life coach and yoga teacher Lisa Goodwin finished a week long retreat at the Enchantment Resort in Sedona, Arizona, complete with yoga classes and life exploration sessions for students from all over North America. Goodwin also announced the dates for her Spring 2010 retreat to the Pura Vida Wellness Retreat & Spa in Costa Rica.

The “Sacred Yoga Journey” program at Enchantment Resort used the Red Rocks of Sedona as a backdrop and the power of the area’s vortexes for a truly transformational experience for all participants. Goodwin conducted warm flow yoga classes each morning and yoga set to sacred music each afternoon.

The group hiked to the rock formation known as “Kachina Woman” in Boynton Canyon, providing the perfect setting for mediation and reflection. An unscheduled wedding ceremony was performed by Goodwin, indicative of the powerful influence of the energy vortex that surrounds Kachina Woman. The vows were simple: Goodwin asked each to speak the truth.

“It is a little slice of heaven,” says Lisa Belville, from Laguna Nigel, California. “it was so peaceful in the vortex, providing a sense of connectivity from the group’s positive energy.”

“It is a very special place to mediate,” added Vicky Klein from Fort Lauderdale, Florida. “I’ve mediated all over the world and I had some really special moments in the vortex. There was complete quiet. It was like you were on top of the universe.”

Special guest flutist David Young played music from his recent CD release, “Waves of Serenity”, during one of the sacred yoga classes taught by Goodwin.

“All of this relaxing music comes from my heart and was created to give people a positive alternative,” said Young, who has been Grammy-nominated for Best Instrumental Album.

In addition to the yoga classes, Goodwin held group life coaching sessions each evening. The “life exploration” seminars centered on the pursuit of spiritual and personal growth. Goodwin’s approach focuses on the application of spiritual laws and concepts through her unique interpretation and teaching style. She provides practical ways to live a more fulfilling existence through a simple change of perception can alter a person’s life experiences forever.

“Lisa has a way of making sense of things we over-stress about,” said Peter Klein of West Orange, New Jersey. “Too often, I over think things. Lisa breaks it all down and helps me straighten things out through introspection.”

Between the morning and afternoon yoga sessions, students took advantage of Enchantment’s world famous Mii amo Spa, voted #1 Spa destination in the World in 2007. Participants were also able to shop in Sedona’s famous Tlaquepaque Arts & Crafts Village and the other area stores, see the Grand Canyon by helicopter, and take advantage of the other tourist attractions in the area.

Goodwin announced the dates for her seventh annual retreat to Pura Vida Wellness Retreat & Spa in Costa Rica. The week-long program of yoga and life coaching sessions will start March 27, 2010 and run through

April 3, 2010.

The week-long programs are packaged as an all-inclusive vacation so participants can focus on the yoga and life exploration sessions instead of the details of travel. Accommodations, meals, airport shuttles, and activities are arranged by Warm Yoga organizers to minimize any distraction and maximize the enjoyment.

In addition to the week-long programs, Goodwin leads weekend yoga / life coaching workshops throughout the US. Programs in the past have been held at studios such as Powerflow Yoga in Chatham, NJ; Hot Yoga House in Goodlettsville, TN; and Yoga Center of Cape Cod (MA). Goodwin is also an instructor at The Barkan Method's teacher training programs and teaches group and private yoga sessions.

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