

The New York Times

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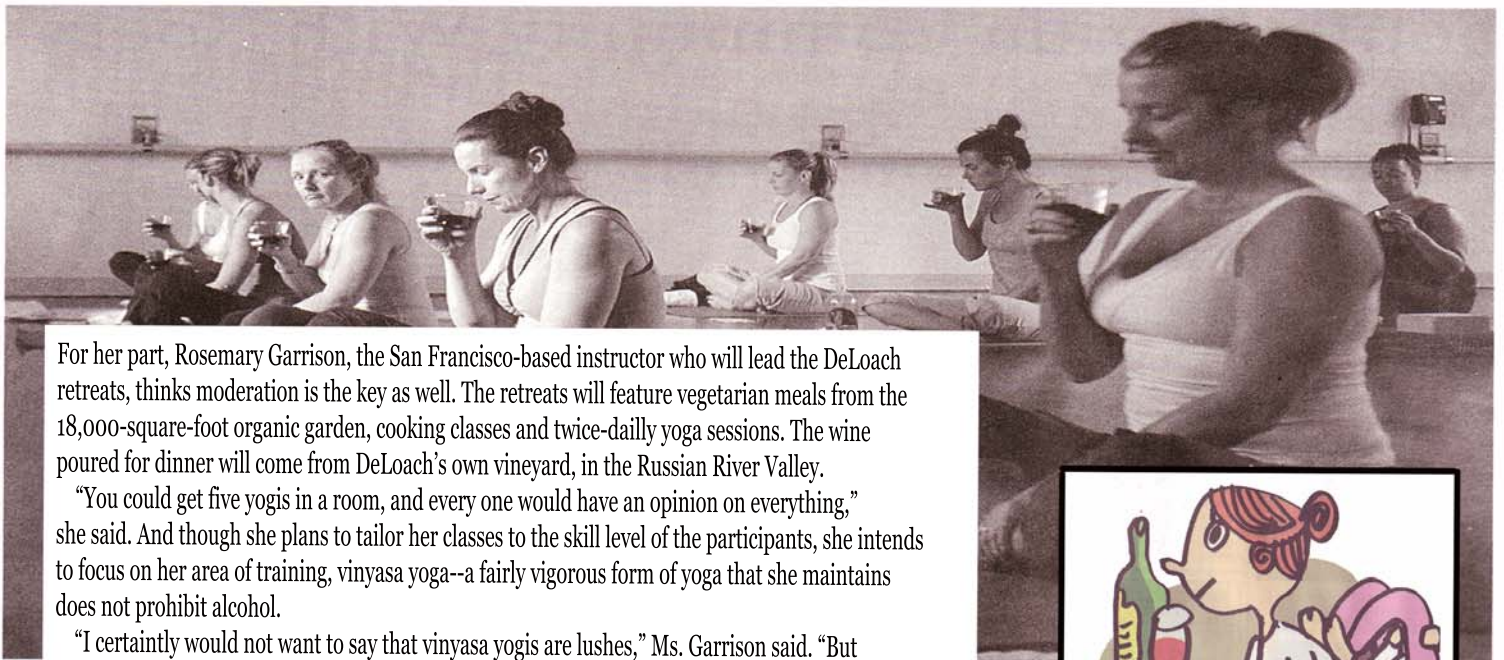
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P.1

Escapes

The New York Times

The Days of Wine and Yoga



For her part, Rosemary Garrison, the San Francisco-based instructor who will lead the DeLoach retreats, thinks moderation is the key as well. The retreats will feature vegetarian meals from the 18,000-square-foot organic garden, cooking classes and twice-daily yoga sessions. The wine poured for dinner will come from DeLoach's own vineyard, in the Russian River Valley.

"You could get five yogis in a room, and every one would have an opinion on everything," she said. And though she plans to tailor her classes to the skill level of the participants, she intends to focus on her area of training, vinyasa yoga--a fairly vigorous form of yoga that she maintains does not prohibit alcohol.

"I certainly would not want to say that vinyasa yogis are lushes," Ms. Garrison said. "But in the traditions I've practiced, alcohol is not off-limits.

"Still," she added, "I don't imagine it's going to be the kind of thing where people are drinking to get drunk, but more about enjoying the beauty of the wine and the setting, and having a weekend of healthy indulgence. Have a glass of wine, enjoy your night, get a good night's sleep and come to a really cleansing, vigorous practice the next morning. I mean, that's what a lot of my students here in San Francisco do anyways, that's their weekend."

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But, she added, if you are doing yoga a few times a week, you can probably throw down a few glasses of wine. I guarantee that 80 percent of the people that do this also go tear it up."

For Ravi Hari Kaur Khalsa, a 20-year Kundalini veteran who teaches at the New York Open

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Andy Manis for The New York Times



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SIP AND STRETCH Striking Poses, Savoring Pinot

WEEKEND yoga-and wine retreats will be held once a month May through September next year at DeLoach Vineyards (1791 Olivet Road, Santa Rosa, Calif, 415-289-4544, www.deloachvineyards.com). The vineyards' guesthouse has three double rooms, and DeLoach can recommend nearby lodging for up to 10 more people. For those staying on site, the cost is \$1,100 a person, all-inclusive. If you stay off site, the cost for the retreat is \$600 a person and includes everything but lodging and transportation.

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