



Balanced
Rock

2018-2019 WildYoga Intensive & Teacher Training

Accommodation Information

Accommodation is not included in the tuition for this program. Students are responsible for making their own accommodation arrangements.

Yosemite Yoga Intensive

October 1-7, 2018

Our 7-day Intensive will be based out of the Evergreen Lodge. We will have indoor and outdoor practice spaces here, and will also be making field trips to other locations. We recommend you find accommodation at or near the Evergreen. Options include, but are not limited to:



CAMPING NEARBY

Camping is available throughout the surrounding Stanislaus National Forest. There are a number of [campgrounds maintained by the U.S. Forest Service](#). [Dispersed camping](#) is also available in the area. If you choose this option please familiarize yourself with all rules and regulations.

AT THE EVERGREEN LODGE

The rates listed below do not reflect CA lodging tax (which will be 4.8%). No pets are allowed in the cabins. Cooking is not permitted in or around the cabins. Our cabins require a one night deposit upon making the reservation. Reserve online or call 800.93.LODGE and use promo code ROCK.

Custom Camping

Arrive to a fully furnished tent site for 1-4 guests per tent. Sleep under the stars in a spacious, mesh-topped tent on comfortable foam mattresses. Also included are

sleeping bags & liners, pillows, towels, toiletries, camping chairs, and a lantern. Enjoy exclusive use of the bathhouse. Winter weather may delay the opening of the campground.

- Nightly Rental: Couples tent (1-2 guests): \$110 plus tax
- Family tent (2-4 guests): \$145 plus tax

Deluxe King Cabin

One king bed and a large sitting area in the same room, with queen sofa bed. Private bath with shower, mini-fridge, Keurig coffee brewer & Sirius satellite radio. New cabins also have a private deck facing into nature. Comfortably sleeps 2-4 guests.

- Monday - Thursday: \$300 plus tax, per night
- Friday – Sunday: \$325 plus tax, per night

Cottage Cabin

Our Cottage Cabins feature a cozy bedroom with king bed, a comfortable living room with queen sofa bed and a private deck with nature views. Private bath with tub, mini-fridge, Keurig coffee brewer & Sirius satellite radio. Comfortably sleeps 2-4 guests.

- Monday - Thursday: \$330 plus tax, per night
- Friday – Sunday: \$360 plus tax, per night

Two Bedroom Family Cabin

One bedroom with a king or queen Bed, another bedroom with two twin beds, a comfortable living room with queen sofa bed and a private deck. Private bath with tub, mini-fridge, Keurig coffee brewer & Sirius satellite radio. Comfortably sleeps 4-6 guests.

- Monday - Thursday: \$375 plus tax, per night
- Friday – Sunday: \$415 plus tax, per night

Vintage Cabin

One queen bed with a small reading area and private bath with shower. Mini-fridge, Keurig coffee brewer & Sirius satellite radio. Comfortably sleeps 1-2 guests. Most are two cabins per structure and share a covered, big timber front porch.

- Monday - Thursday: \$220 plus tax, per night
- Friday – Sunday: \$235 plus tax, per night

One Room Family Cabin

One queen bed and a set of bunk beds along with a comfortable sitting area and a covered, big timber front porch. Private bath with shower, mini-fridge, Keurig coffee brewer & Sirius satellite radio. One Room Family Cabins are also two cabins per structure with a shared porch. Comfortably sleeps 2-4 guests.

- Monday - Thursday: \$290 plus tax, per night
- Friday – Sunday: \$315 plus tax, per night

HOSTEL, HOTELS, AIRBNB, VRBO IN GROVELAND

The small town of Groveland is 30 miles (~45 min drive) from the Evergreen Lodge and has numerous lodging options you can research.

Weekend Modules:

November 2-4, 2018

December 7-9, 2018

January 4-6, 2019

February 1-3, 2019

March 1-3, 2019

For our weekend modules we will be based at [Studio M Yoga](#) in Mariposa, with outdoor field trips throughout Mariposa County, including Yosemite.

The owner, Mirriam Platto, a graduate from Balanced Rock's Teacher Training, has offered that a limited number of students may utilize the loft space for sleeping on Friday and Saturday nights for a suggested donation of \$20/weekend (loft pictured below). This is a carpeted space, open to the room and will be shared by up to 6 people. There is a restroom in the studio, however there is no shower facility. There is no wifi in the studio. You would need to provide your own sleeping pad, bag etc. and maintain a clean, quiet, yogic atmosphere and attitude as a guest.



There are numerous hotels in the town of Mariposa, with rates and availability varying by date. In doing an on-line search, we have found rates as low as \$70/night. We suggest you take a look and contact us with any questions. We can't recommend one over another.

AirBnB has numerous offerings from rooms, to cottages, to whole houses in and around Mariposa. If there is a strong interest from all students, we can discuss renting one as a group for the training weekends.

If you have a vehicle and would like to stay outside of town, we can also recommend the [Yosemite Bug Rustic Mountain Resort](#) (~20 min drive east of Mariposa). The Bug has an on-site Cafe, Spa, and hiking trails. The nightly rates are: \$30 dorms, \$60 heated tent cabins, and \$95 private rooms with bath.