

Welcome to our Winter Seminar with Master Li Junfeng! We are delighted to have you join us, as we deepen together into the practice of Sheng Zhen.

December in Moab is just beautiful with cool mornings the 30's and sunny afternoons climbing into the 40's and 50's. It is the time our community takes a breath, as we are in between tourist seasons. You will find our town restful, with abundant light.

The seminar is centrally located at the Moab Arts and Recreation Center, 111 East 100 North. We do have a few pillows and yoga mats available. If you are driving, please bring your own meditation cushions and mats, since what we have is limited.

We will be in a beautiful old building that can be cool in the mornings. Be sure to wear or bring a light wrap or sweater with you. During the seminar, we will provide fresh water and a few snacks. If you would like to contribute a snack, this is always appreciated.

Moonflower Market is 1/2 block down the street and is a great natural foods co-op. They offer just about anything you might need if you are preparing meals. They also have hot soup, burritos, and a few items if you wish take out food for lunch. City Market and Village Market are bigger super markets, both located on South Main Street.

Accommodations this time of year are readily available and there are variety to choose from. The cost of lodging in December is much lower than the rest of the year. There are several hotels that are in walking distance of the MARC. Some have kitchenettes available, such as Kokopelli lodging (intowner) and The Cottonwoods.

The best website to check out for accommodations is www.discovermoab.com

Also Moab's local www.airb&b will have both rooms with some kitchens available as well. One other possibility is group housing. Contacting either Bobby Orlando <livingland1@gmail.com> or Stephanie Renea <stephanierenea28@gmail.com> on resources for this option may help you.

The main restaurants we go to for lunches, are only a block or two from the venue. The Peace Tree, Eklecticafe, Eddie Mcstiff's, and the Red Rock Bakery, are all on Main Street. The Sing Ha Thai and Subaku Sushi are on Center Street.

We have a great little airline that connects Moab to SLC and to Denver. www.boutiqueair.com They offer great on time service. Our airport is 20 minutes North of town. If you are flying in, we would be happy shuttle you with advanced notice. The car rentals at the airport are with www.enterprise.com

If you would like information on hiking trails or on our National Parks, The Moab

Information Center is on the corner of Main and Center Streets.

If you have specific needs around travel, accommodations, or have any other questions, please contact catherine@phoenixrisingmoab.com

See you in December And Safe Travels !!