

## Winter Solstice Trip 2009 - Hostel in the Forest and Earthships

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I went to [Kundalini yoga Winter Solstice in December](#) - amazing time with about 500 yogis and yoginis attending. We got up at 3am for meditation and yoga each day and I did a lot of clearing of subconscious blocks. I took the auto-train to Florida with Dana and we drive by via the [Hostel in the Forest](#) in Georgia - staying in a tree house! Dana taught some Kundalin yoga to the other guests. It is a center which promotes and teaches environmental sustainability, and is also a spiritual retreat. It show cases a sustainable lifestyle - self building houses, free range chickens and outdoor shower in the forest. More photos of the hostel [here](#).

Sort of like the [Earthships](#) I saw in Taos NM in the summer. After Solstice I am doing a 40 day meditation for self-esteem that I learned at Solstice - so far so good!

