

~ a winter's retreat ~
YOGA & QIGONG
 in Yelapa, Mexico

Annie Stocker
 Anusara-
 Inspired Yoga
Martha Hurwitz
 Soaring Crane
 Qigong



*Special Guest
 Instructor*
Gina Sala
 Global Vocals
 & Chants

Join yoga and qigong students from Two Dog Yoga for a special community retreat in the village of Yelapa, Mexico. Each day, students will deepen their practice in yoga or qigong, while exploring the richness and commonalities of each other's form. Small groups keep the instruction intimate and focused. Special global voice and chant sessions complement the foundation work. Morning practices are followed by optional group events, private sessions and time for exploring the area.

Yelapa is a 45-minute boat ride from Puerto Vallarta. Accessible only by boat, the village has a remote, pristine feel. Participants stay at Los Suenos, where meals are shared. Practice is conducted in a stunning new open-air practice studio. Beach time, hikes, botanical garden, bird-watching and dolphin-viewing are optional additions to this restorative vacation week.

- Trip dates: **Feb 5 - 13, 2010**
- Trip fee includes all lodging & instruction + almost all meals & transportation in Mexico
- The trip includes 1 night in PV + 7 nights in Yelapa
- Participants book their own flights to PV (\$400 - \$500)
- Physical resiliency is needed; the village is carless & boat ride rocky.
- \$100 non-refundable deposit holds your space
- \$100 discount if paid by Oct. 15; full payment due by Feb. 1
- Payment plan available

3-4 person room 2 person room

\$1390	\$1450
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 **Two Dog Yoga** 

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Yelapa Info
www.yogainyelapa.com
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