



Yoga: On & Off the Mat

with Sarah Getz & Nancy Causey
January 19th ~ 26th 2008
Mar de Jade resort, Chacala, Mexico

For further information go to:
www.halfmoonyogabarn.com
www.yogaatspace.com
www.mardejade.com
email njcausey@verizon.net
or call Nancy @845.677.4549

to book accommodations:
Angelica at info@mardejade.com

Revitalize your Yoga practice with teachers Sarah Getz and Nancy Causey! Whether you're new to Yoga or more experienced, this retreat will deepen your on-the-mat practice as well as enhance your understanding of how to integrate Yoga's powerful teachings more fully into your life.

We'll rise in the morning to energizing vinyasa flow classes, then have plenty of time during the day for swimming, snorkeling, horse-back riding, bird watching, spa services, or exploring quaint local towns. We'll regroup in the afternoon to enjoy more gentle, restorative and contemplative Yoga. Throughout the week, the rich philosophical foundations of Yoga will be woven into our classes through asana, pranayama, meditation, discussion and reflection.

The fine print:

- ~the retreat price is \$600, a deposit of \$150 holds your space
- ~10% discount off retreat price for full payment before November 1st
- ~accommodations are a la carte and booked directly with the retreat center. www.mardejade.com
- ~singles \$160 per night, doubles \$120 per night (7 night stay) includes all meals
- ~we will neutralize your carbon imprint for your air travel through www.terrapass.com

