

Retreat Vacations in Mazatlan Mexico

Bring your friends, family,
company, club, or classmates.
Treat yourself, re-motivate,
re-connect, and rejuvenate.

Continue your personal journey,
while having the time of your life!

Embrace the Artist Within

November 22-25, 2008



Sat 22 Welcome Reception

Soulfood-Milk and Cookies and the ART of Well-being- Our soul yearns for us to dance and draw and sing at the top of our lungs. Learn to embrace your inner artist and let your joyful soul emerge.

Sun 23 Stone Island Retreat

Gentle yoga on the beach, Workshop-*Journaling to the Center of Your Soul*-Writing it down—the memories, lists, thoughts, feelings, and dreams, can make a profound difference in your life. Invite your inner writer to play while learning creative journaling techniques that will improve your life in immeasurable ways.

Mon 24 Monoprint Workshop

Let your creativity flow in unexpected directions using the printmaking process for one-of-a-kind prints. Artist Glen Rogers guides you thru the process bringing out the best from beginner to advanced. AM yoga & lunch included.

Tues 25 Fabric Dying

Artist Mary Ruzich inspires you to create a beautiful hand made silk scarf while developing the skills to mix and apply dyes. Lunch included.

Cost \$309 Early registration (Oct 15)\$289

Airfare and lodging not included

A Magical Life
Dream It, Speak It, Live It
April 11-14, 2009



Sat 11 Opening Reception & Orientation

Workshop- *A Magical Life*- Using concepts from

"The Secret" learn how to take the law of attraction into your everyday life. We will, Dream BIG, let go of beliefs that no longer serve us, and create a support system can make amazing things happen in your life.

Sun Las Labradas Tour - Adventure to a Mystical Archeological site to practice Yoga and Meditate, Lunch included

Mon 13 Yoga Stretch Class-Gratitude Focus, Classic Sail Boat Ride with MiCasa Viajas

Includes Lunch and Swimming

Tues 14 Yoga Stretch Class, Soothing Massage and Personal Life Coaching

Cost \$309 Early registration (Feb 20) \$289

Sessions held at the Casa De Leyendas B&B. Book your rooms before Jan 10th for a 10% discount

602-445-6192 www.casadeleyendas.com

Sat 25 Orientation and Gentle Yoga Stretch (Body awareness and acceptance meditation)

Opening Reception

Sun 26 Stone Island Day

Yoga Class, Lunch, Workshop- Self Esteem and Body Image- Learning to Love All Of You

Mon 27 Body Toning Class & Walk, Massage, Manicure/Pedicure & Personal Fitness Plan Design

Tues 28 Massage and Facial, Shopping Tour & Yoga Stretch Class



Beauty
Inside
and Out
April 25-28, 2009

Add on beauty treatments available at additional costs-: Facial Peel, Permanent Eyeliner, and more.

Please ask upon registration for more information.

Cost \$309 Early registration (Feb 20) \$289

Airfare and lodging not included

Sessions will be held at the Mazatlan Ocean Front Inn Book your rooms before Jan 25th for your 10% discount -ocean-view rooms go quickly!. 925-608-8350- <http://www.mazatlanoceanfrontinn.com>

To register for retreats call US Phone- 970- 672- 0882 or email- yogamogirl@yahoo.com