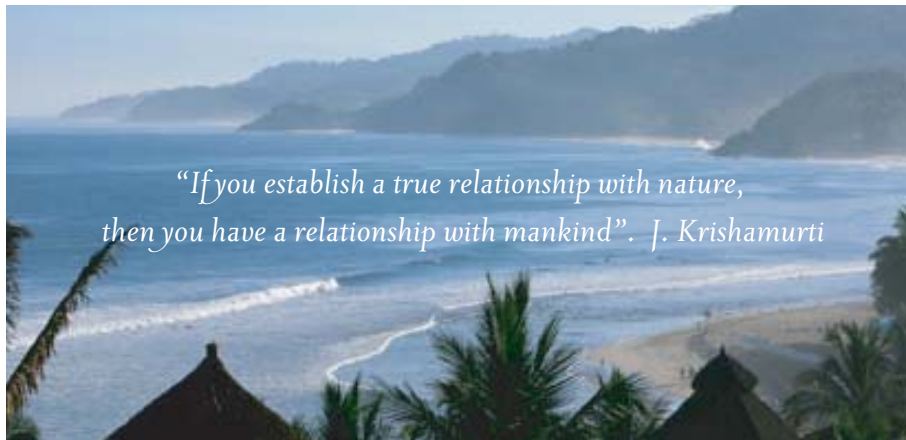


YOGA RETREAT

Haramara Retreat in Sayulita, Mexico
with Lee & Brooke, April 25th - May 2nd, 2009



*"If you establish a true relationship with nature,
then you have a relationship with mankind". J. Krishnamurti*

Experience the bliss of being connected to the rhythms of nature while deeply connecting to your Self. Feed the soul while surrounding yourself in the beauty of tropical Mexico – the sound of the ocean surf, verdant green foliage, cool Pacific breezes, exotic flowers, bird song... and by delving deeply into the peace of your inner sanctuary practicing yoga twice a day, while feeding the body with organic vegetarian and seafood cuisine. Fall asleep listening to the sound of the breeze wafting in the palms and the lulling rhythm of the ocean's waves.

Haramara is an exclusive retreat property that guests refer to as a sanctuary for the soul. It provides the perfect combination of peace, seclusion and security that inspires a completely relaxing and nurturing retreat. www.haramararetreat.com

Yoga sessions are in an open air palapa with 360 degree views of the ocean and the tropical forest.

Take advantage and indulge in the services provided by the spa, or surf, explore, lounge, read, write, or simply do nothing but be present with the surroundings – a meditation on being present with the beauty that abounds.

The accommodations at gorgeous Haramara are in open-air cabanas that have breathtaking views that include spacious and elegant rooms with private bathrooms and outdoor showers.

We hope that you will be able to join us on this unique and wonderful journey to Haramara!



MEALS:

Three meals are served per day. The gourmet food is internationally and Ayurvedically inspired vegetarian cuisine with seafood options.

LOCATION:

Sayulita is 45 minutes north from Puerto Vallarta and is a small fishing town popular for surfing.

DATES:

Saturday, April 25th – Saturday, May 2nd, 2009. We will meet for dinner to begin our retreat on the 25th and finish on the 2nd after breakfast.

RATES PER PERSON:

Shared room	\$1450 (dorm cabana)
Two to a room	\$1750
Private	\$2150

DEPOSIT:

\$500 non-refundable (non-creditable unless there is someone to take your place) deposit to reserve your place – with an option to pay the deposit in 2 x \$250 installments. Balance is due March 25th, 2009. After March 25th, there will be a \$100 late fee. No credit refunds for the balance after March 25th unless there is someone to take your place.

Early bird registration: \$100 discount if paid in full by November 30, 2008.

Use your credit card - you may pay for your retreat with a credit card through Paypal. Before paying through Paypal, please confirm your space on the retreat and your preferred room type with Lee or Brooke.



FLIGHTS:

Flights are not included. Please book your own flight. Remember to book and reserve your flight early as this is a popular week to travel and space is limited.

The Yoga Studio
In Magnolia

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www.TheYogaStudioInMagnolia.com