

YOGA & SURF

WITH KIMBERLY PAUL

SAYULITA, MEXICO

MARCH 13-20.2010



Via Yoga invites you

to escape the hectic pace of everyday life.

Relax. Hear yourself think. Challenge your body.

And soak up some well-deserved Mexican sunshine.

Choose between a combination of Yoga & Surfing or focus solely on Yoga. Between your daily lessons, you'll have plenty of leisure time to relax on the beach and explore colorful Sayulita—a tiny beach hamlet with charming restaurants, shops and galleries, located just 45 minutes outside Puerto Vallarta.

Your experience will include:

- Two 90-minute classes each day
- Daily one-hour surf lesson (optional)
- Six nights accommodations at Villa Amor, in a stunning open-aired oceanfront villa
- Daily maid service
- Daily breakfast and three group dinners at Villa Amor and local restaurants
- A one-hour massage
- A day trip to Punta Mita for surfing/ snorkeling weather permitting (lunch included)
- Roundtrip airport transfers from Puerto Vallarta International Airport
- Further details can be explored at: www.viayoga.com



Kimberly Paul

Unique Sun salutation-based flow link postures in a holistic manner leaving the body cleansed, the mind clear and refreshed! Classes are invigorating—building internal heat to detoxifying muscles and organs, balance strength with flexibility, and cultivate peace in the heart and peace in the mind. The yoga mat becomes the playground for an internal dialogue creating transformation and a deeper connection to self as well as connection to the world and community around us.

CONTACT US TODAY FOR DETAILS AND RATES:

800.603.9642 www.viayoga.com

