



**ANUSARA YOGA**  
 with Geri Bleier  
 January 24- 28, 2008

**Retreat details. . . .**

Warm your body and your spirit with two daily yoga classes in a beautiful open-air studio overlooking the ocean. Geri's skillful teaching style will inspire your practice whether you are a new student, an advanced yogi, or someone looking to modify your practice due to an injury. Our morning classes will be up-tempo, full spectrum Vinyasa-based sessions. In our afternoon classes, we'll explore inversions, hip openers, twists and seated forward bends. Between classes you'll have time to relax on the beach, shop in town, unwind in your beautiful villa, get a spa treatment—whatever makes your vacation feel complete. Transformation guaranteed.

**About Geri (Yoga instructor). . . .**

Geri Bleier is a Certified Anusara® Yoga instructor. She has been an avid student of yoga since 1994, and has studied Anusara® Yoga since its conception in 1997. Geri studies closely with John Friend, Mitchel Bleier, and Sianna Sherman, as well as, Jamie Allison, Richard Freeman, and Pattabhi Jois. For two years, Geri traveled the country assisting Mitchel and Sianna in their workshops and trainings. Geri's passion for yoga shows through her practice and her personality. She brings clarity in her teaching and pure joy in her heart. Geri is a teacher's teacher who works with beginning students to advanced students, professional athletes, and therapeutic clients. Her immense working knowledge of yoga creates a platform for students to truly transform. She is very grateful to share the practice of yoga with others.

**Rates. . . .**

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$1595	\$1795	\$2095	\$2395
90-day prepay discount	\$1395	\$1595	\$1895	\$2195

All rates are per person and do not include airfare.

**More Info. . . .**

Visit our website for complete details. [www.viayoga.com](http://www.viayoga.com)