



YOGA & SURFING with Melina Meza

March, 2008

With surf instructors Kate & Murilo

Retreat details. . . .

Don't miss this sunshine filled opportunity for personal growth and exploration with Melina Meza, yoga teacher and nutritionist. A typical yoga class with Melina will include a deep flow of postures supported by breath, grace and humor. Daily yoga practices will include unique sequences to complement the time of day, surfing and group level. While obtaining her degree in Nutrition Melina discovered the art of yoga, which brings together the mind, body, and spirit. Yoga taught her about balance, concentration, and relaxation, essential lessons that reside at the foundation of her own personal practice and the classes that she teaches to groups and individuals.

About the instructor. . . . Melina has been teaching yoga full-time since 1997, when 8 Limbs Yoga Centers opened in Seattle. Her continual growth as a teacher and practitioner has been influenced by her studies with numerous yoga instructors including Kathleen Hunt, Gary Kraftsow, Sarah Powers, Tias Little and Jin Sung. In addition to teaching group classes, Melina is the Co-Director of the 8 Limbs Teachers' Training Program, Enrichment Program and recently published her first book, Art of Sequencing-Volume One. Melina is also a practicing nutritionist with a Bachelor's Degree in Nutrition from Bastyr University. For more information, visit www.melinameza.com.

Rates. . . .

	Single	Double	Triple	Quadruple
90-day prepay discount	\$2195	\$2495	\$2995	\$3295

All rates are per person and do not include airfare.

More Info. . . .

Visit our website for complete details. www.viayoga.com

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1-206-216-4849

or

1-800-603-YOGA (9642)