



YOGA & SURFING
with **Matt Schwartz**

March 14-20, 2009
with Via Yoga surf instructors

Give your self one week in paradise to explore your yoga practice and experience the thrill of the Sayulita surf.

Class details. . . .

Awaken your body & soul from the inside out to the majestic sounds of the Pacific Ocean! Matt will lead this weeklong journey that will allow you to reconnect to your very source. His teaching will draw from his unique blend of yoga, qi-gong, martial arts, meditation and his long-standing love affair with the ocean. Classes are suited to all levels, the morning practice will be challenging, combining leg work with skillful arm movements synchronized with deep breath work. After a fun day of surfing we will reconnect and rejuvenate with a slower and softer evening yoga class surrounded by the innate beauty and energy of Mexico.

About Matt (yoga instructor). . . .

At a young age Matt knew he had a passion for the understanding of the human body. This passion sparked the beginning of an over 14-year journey. He started to learn Tai Chi, Nutrition and Yoga when he was only 16 years old, as a way to aid his high school athletics. The next step in the journey, took Matt to San Francisco State University where he earned a Bachelors of Science degree in Kinesiology/ Biomechanics and a Minor in Holistic Health. While at the same time, deepening his understanding of the Eastern models of health, by completing numerous yoga teacher trainings, and a 10-year of study of Internal Martial Arts, and Meditation. Inspired by his new awareness and understanding of a body as a whole system, it only made sense that he went on to earn a Masters Degree in Traditional Chinese Medicine and has a thriving Acupuncture and Herbal medicine clinic. Matt has dedicated most of his study to the teachings of Krishnamacharya, Shandor Remete, Grand Master Kuo, Dr. Jerry Allen Johnson and the Flow of Nature. For more info go to [www. goldenmonkeyhealing.com](http://www.goldenmonkeyhealing.com)

Growing up in southern California Matt has always enjoyed all activities in the water from surfing to free diving. He says " you can take any problem to the ocean and let it swim away".

Rates. . . .

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$2595	\$2795	\$3395	\$3795
90-day prepay discount	\$2395	\$2595	\$3195	\$3595

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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