



YOGA & SURFING
with Matt Pesendian
April 18-24, 2008
With surf instructors Kate & Murilo

Retreat details. . . .

Join us for one big wave of yoga, surfing and relaxation! This week is geared towards returning Via Yoga guests and those new to surfing.
. The two daily yoga sessions will complement these sacred forms of natural expression and every class, whether it's a dynamic vinyasa sequence or some gentle restorative, will focus on awakening and strengthening the central core of the body. There will also be daily beginner & intermediate surf lessons, with an option for extra surfing day trips. Matt has surfed for over 30 years and has practiced many styles of yoga for 17 years. He is also a Licensed Acupuncturist and will be available for consultations and treatments.

About the instructor. . . .

Matt Pesendian, L.Ac., has been practicing and studying the art of Hatha yoga and meditation for 16 years, dedicating his studies to the teachings of T. Krishnamacharya and Zhander Remete, the founder of Shadow Yoga. Matt has also practiced many different forms of Chinese yoga, also known as 'Qigong', for the last seven years. He received his Master's degree in Traditional Chinese Medicine for Emperor's College of Traditional Oriental Medicine and is Nationally Board Certified in Acupuncture. He is currently developing a Medical Qigong program at the Cancer Center of Santa Barbara and teaches Shadow Yoga workshops internationally. Learn more about Matt at www.bodhimanda.com.

Rates. . . .

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$2495	\$2795	\$3195	\$3595
90-day prepay discount	\$2295	\$2595	\$3095	\$3395

All rates are per person and do not include airfare.

More Info. . . .

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