



**YOGA & SURFING**  
**with Matt Pesendian**  
 April 19-25, 2009  
 with Via Yoga surf instructors

**Class details. . . .**

This week will be an eclectic mix of dynamic vinyasa yoga, exhilarating surfing and gentle qigong (Chinese yoga). Vinyasa in the morning and qigong in the late afternoon will focus on awakening and strengthening your core, which will prepare you to paddle your board out to ride the Sayulita waves. Since Matt has studied many styles of yoga for 18 years and surfed for 30 years, he is highly qualified to show you how yoga and surfing are the perfect complementary activities. As a special bonus this week, Matt is a licensed acupuncturist and will be available for consultations and treatments!

**About Matt (yoga instructor). . . .**

Matt Pesendian, [L.Ac.](#) has been practicing and studying the art of Hatha yoga for 18 years, dedicating his studies to the teachings of T. Krishnamacharya and Zhander Remete. He received his master's degree in Traditional Chinese Medicine and is a nationally certified Acupuncturist. He also has developed a Medical Qi Gong program at the Cancer Center of Santa Barbara, is the founder of Bodhimanda Healing Arts and teaches yoga/qigong workshops internationally. To learn more about Matt, please visit [www.bodhimanda.com](http://www.bodhimanda.com)

**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](http://www.viayoga.com)