



## YOGA & SURFING with Susan Merrill

November 18-24, 2007

With surf instructors Kate & Murilo

### Retreat details. . . .

Susan's yoga classes will restore your sense of vitality, encouraging you to work at your edge while respecting your limitations. She encourages laughter as a way to start the day and your morning practice will focus primarily on Vinyasa (flowing through postures). In the early afternoons, you'll learn to surf under the close supervision of our surf instructors. These hour-long lessons are tailored to your skill level, so you can catch a wave with confidence on a soft-top board. And in the evenings, your yoga sessions will be quieter, restoring a sense of center after your active day with an emphasis on deep stretching and relaxation. Susan's goal for this week is that you not only gain a new level of expertise that enhances your practice when you return home, but also to make sure you have a great time and a memorable vacation.

### About the instructor. . . .

Susan has been a yoga student for fifteen years, a teacher for ten and has owned her own studio in Golden, Colorado since October of 2002 ([www.asanastudio.com](http://www.asanastudio.com)). Most recently she has taught workshops in Spain and has future projects in Italy, Spain and Argentina. Susan primarily teaches in the Vinyasa style but her students love her ability to adapt her classes to their specific needs. Her classes have been characterized as "full of vitality", "vigorous", "fun" and "boy, did time fly." Overall, Susan believes her classes are about being able to draw your attention away from the outside world and into yourself as you explore the boundaries of your ability while respecting your limitations.

### Rates. . . .

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$2395	\$2695	\$3095	\$3495
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](http://www.viayoga.com)

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