

YOGA & SURF

WITH MINDY FRENKEL

SAYULITA, MEXICO

NOVEMBER 28-DECEMBER 4, 2010



Via Yoga invites you

to escape the hectic pace of everyday life.

Relax. Hear yourself think. Challenge your body.

And soak up some well-deserved Mexican sunshine.

Choose between a combination of Yoga & Surfing or focus solely on Yoga. Between your daily lessons, you'll have plenty of leisure time to relax on the beach and explore colorful Sayulita—a tiny beach hamlet with charming restaurants, shops and galleries, located just 45 minutes outside Puerto Vallarta.

Your experience will include:

- Two 90-minute classes each day
- Daily one-hour surf lesson (optional)
- Six nights accommodations at Villa Amor, in a stunning open-aired oceanfront villa
- Daily maid service
- Daily breakfast and three group dinners at Villa Amor and local restaurants
- A one-hour massage
- A day trip to Punta Mita for surfing/ snorkeling weather permitting (lunch included)
- Roundtrip airport transfers from Puerto Vallarta International Airport
- Further details can be explored at: www.viayoga.com



Mindy Frenkel

Mindy, returns to Sayulita! This retreat will focus on awakening and revitalizing your understanding of yoga both on the mat and on the surfboard. Yoga classes will explore the Yamas and Niyamas (*restraints and observances*) as described in the yoga Sutras, in your practice and life. By weaving this philosophy into energetic asana, pranayama and meditation you will purify, enhance, and awaken your yoga practice and you will discover how surfing is yoga on the water. Join us and discover your inner surfer.

CONTACT US TODAY FOR DETAILS AND RATES:

800.603.9642 www.viayoga.com

