

PILATES, YOGA & SURF

WITH ALISA WYATT

SAYULITA, MEXICO
APRIL 23-29.2010



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.

Pilates is well-loved for the core-power and lean, catlike control that it develops, and what better skills to have when learning to surf? Alisa's energetic Pilates and yoga classes are taught with a fresh, fun, creative bend and it's her goal that what you gain doing these practices translates to your everyday life. Morning Pilates sessions (*all levels welcome!*) will fire up your center and give you the courage to hop on a surfboard and have a blast your first time out. After fun in the sun, surf lessons and relaxing, your day ends with a yoga class including a stretch session that promises to soothe the psyche and lengthen sore muscles.

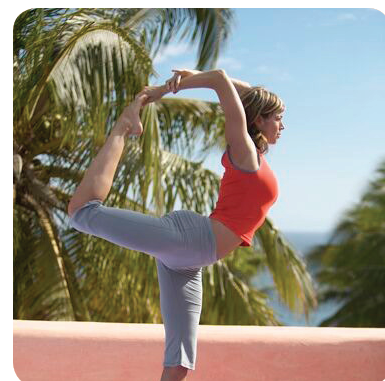
Your experience will include:

- Two 90-minute classes each day
- Daily one-hour surf lesson (optional)
- Six nights accommodations at Villa Amor, in a stunning open-airod 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



Alisa Wyatt

Alisa has been teaching since 1999 when she left her high-powered publishing job to spread her passion for Pilates. A featured expert for Pilates Style Magazine, she's also the creator of the DVDs, Advanced Pilates Workout and Pilates for Men. Classically trained by Joseph Pilates' protégé, Romana Kryzanowska, Alisa currently studies with one of the last remaining teachers who worked for Mr. Pilates: Jay Grimes. A self-described movement junkie, Alisa explores any movement modality she can find the time for when she's not dancing, hiking or surfing. She recently completed her Yoga Certification with Annie Carpenter and Kia Miller at Yogaworks in Los Angeles. In addition to teaching at retreats and conferences internationally, Alisa trains an exclusive private clientele at her studio in Los Angeles.



CONTACT US TODAY FOR DETAILS AND RATES:

800.603.9642 www.viayoga.com