

YOGA | STRENGTH | SURF

WITH ANDREA ARRIAGA & MIKE HARDIN

SAYULITA, MEXICO

JANUARY 31-FEBRUARY 6.2010



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.

Challenge the body and mind with a combination of Yoga, Strength and Surfing, while exploring the concept of work, rest and play. 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:

- 90-minute strength class each day
- Daily one-hour surf lesson (optional)
- 90-minute yoga class each day
- Six nights accommodations at Villa Amor, in a stunning open-aired oceanfront villa
- Daily maid service
- Daily breakfast and three group dinners
- 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



Andrea Arriaga & Mike Hardin

Mike's strength classes and cardiovascular conditioning begin the day, and then lead into surf instruction with Isreal Preciado, followed by Andrea's evening class that will mix core strengthening Pilates and restorative yoga providing the perfect balance to end your day of fun in the sun.

CONTACT US TODAY FOR DETAILS AND RATES:

800.603.9642 www.viayoga.com

