

# YOGA & SURF

WITH MATT PESENDIAN

SAYULITA, MEXICO

APRIL 17-23.2010



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



## Matt Pesendian

Back by popular demand, Matt Pesendian returns to Sayulita for his third consecutive Via Yoga retreat. Experience an eclectic mix of dynamic vinyasa yoga, exhilarating surfing and gentle qigong (*Chinese yoga*). Matt has studied many styles of yoga for 20 years, surfed for 30+ years and is highly qualified to share with you why yoga and surfing are perfect complementary activities. In addition, Matt is a licensed acupuncturist and will be available for consultations and treatments.

**CONTACT US TODAY FOR DETAILS AND RATES:**

**800.603.9642** [www.viayoga.com](http://www.viayoga.com)

