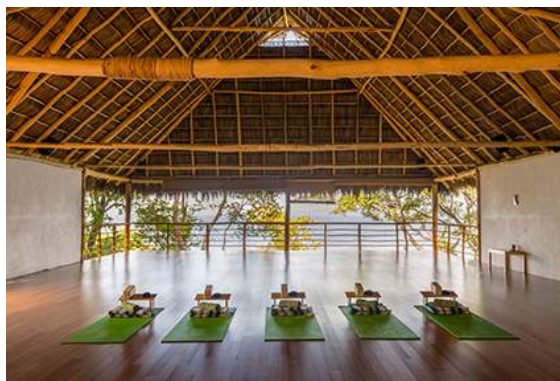


LIVING YOGA RETREAT

Xinalani, pacific coast of Mexico

2 - 9 january 2016

with Caroline Beliard and Alexandra Peyre



This retreat is a beautiful way to start the year with a clear mind, a strong body, and an open heart.

It is an invitation to deepen your practice, enjoy the open air, the life force of earth and ocean, and to share the spirit of yoga in exquisite company.

We have chosen Xinalani, an exclusive yoga retreat center near Puerto Vallarta, Mexico so you can enjoy nature, receive care, nurture body and mind with uplifting choices.

Welcome to this new adventure, welcome to the new you, at home with yourself.

www.carolinesyoga.com

www.grace-yoga.com



Prices:

They include accommodation, full board and two yoga sessions per day. Accommodation and full board prices are shown in \$ because of exchange rates.

Big Palapa - 8 single beds, two luxurious bathrooms
600 € downpayment + 875 \$

Deluxe room with 2 separate beds or one double bed
shared: 600 € downpayment + 1120 \$
single: 600 € downpayment + 1645 \$

Petites suites
shared: 600 € downpayment + 1330 \$
single: 600 € downpayment + 2030 \$

schedule:

Our retreat will start Saturday 2 January with the late afternoon class and will end Saturday 9 January after class and breakfast
Everyday vinyasa yoga (all level), pranayama, restorative yoga, meditation.
Optional invigorating surf, SUP, wonderful scuba diving, and delicious spa treatments.

travel:

The nearest airport is Puerto Vallarta, Mexico.
From Puerto Vallarta to Xinalani (taxi and boat) return: 100\$
Please book with Caroline or Alexandra.

booking:

If you wish to join this adventure, please book with Caroline or Alexandra.
A 600 euros downpayment will confirm your booking. Please note that the downpayment will be non refundable. The total amount will be due November 15 2015.

caroline.beliard@gmail.com

alexandra_peyre@hotmail.com

We look forward to welcoming you by the Pacific and lead you into this adventure!



Caroline



Alexandra