

YOGA BY THE SEA



HEALING INTENSIVE

INTENTION: "TO HEAL IS TO MAKE WHOLE"

A TRANSFORMATIONAL WEEK WITH DAILY PRACTICE OF:

KUNDALINI YOGA

BIODYNAMIC CRANIOSACRAL

RESTORATIVE PRACTICE

MEDITATION/PRANAYAMA

**RESTORE ORGANIC AWARENESS WITH BREATH, YOGA,
MEDITATION AND A RETURN TO HEALTH.**

**BREATHE, BE STILL AND LEARN TO LIVE FROM YOUR
WHOLENESS WITH ISABELLA, LISA AND WENDY EYTON.**

SITTING QUIETLY IN THE JUNGLE JUST BEING...

**NOVEMBER 20ST – 27TH 2010 (FULL)
&
NOVEMBER 28TH – DECEMBER 5TH 2010**

INCLUDES: 7 NIGHTS ACCOMODATION, DELICIOUS MEALS,
YOGA AND MEDITATION CLASSES, BIODYNAMIC
CRANIOSACRAL SESSION (AIRFARE NOT INCLUDED)

COST: STARTING AT \$1100

LOCATION:
TAILWINDS OUTDOOR LODGE
CAMINO AL BUDA YOGA STUDIO
SAN FRANCISCO, NAY MEXICO

IN THE LUSH TROPICAL JUNGLE WITH PRIVATE SANDY
BEACHES, PEACEFUL NATURE WALKS, SWIMMING IN WARM
WATERS.

THIS UNIQUE ECO-RETREAT CENTER OFFERS BUNGALOS AND
CASITAS WITH AMAZING VIEWS OF THE JUNGLE LANDSCAPE.

CONTACT INFORMATION:
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STILLNESS... RADIANCE... GRACE... VITALITY...