



Yoga in México

with

Diane Valentine & Sandy Carmellini

March 22 – 29, 2012



Join us for a delightful getaway to Troncones, Mexico, a tranquil, beautiful beach, sitting on the warm, clear waters of the Pacific Ocean. We will stay at Hacienda Eden, a hidden, exotic, paradise nestled against Manzanillo Bay, which features eight adorable beachfront bungalows with private baths. Your meals will be prepared by a talented chef and will include delicious seafood and vegetarian entrees. The private, open-air studio (which overlooks the ocean) is a short walk along the beach and is fully equipped with yoga props including inversion slings! Yoga classes will be held twice daily along with meditation and pranayama. There will be ample time to rest between classes, sink into some quiet time, get a massage, take a nap, or take part in activities such as swimming, boogie boarding, snorkeling, surfing classes, sea kayaking, and golfing! We also have options to take guided hiking and eco-tours to explore a remote lagoon and forest, perfect for you bird watchers!



For more information, contact us at (925)240-6864 or yogasandy@rocketmail.com or visit our website at www.BrentwoodYogaCenter.com

\$1,495 Double Occupancy
\$1,855 Single Occupancy (limited availability)

A non-refundable deposit of \$495 is due to reserve your space. Balance of payment is due by February 15, 2012. The price includes daily yoga classes, two daily meals (breakfast and dinner), double occupancy at Hacienda Eden and transportation to and from Zihuatanejo/Ixtapa airport.



SANDY CARMELLINI, OWNER & CREATOR OF THE BRENTWOOD YOGA STUDIO

Sandy is a graduate from the Advanced Studies Teacher Program at the Yoga Room in Berkeley (a three-year training program with over 1000 hours of training). She has been teaching yoga since 1998. She has held many yoga retreats and workshops in California, Hawaii, Sedona, Mexico and Italy! Her 18 years of experience as a corporate facilitator adds to her passion for training and educating others. Sandy's background in dance enhances her teaching style where she sequences movement and breath while focusing on detail. Her instruction is accepting and fun and very educational. Classes are taught primarily in the Iyengar method which focuses on creating healthy movement and balance in the body by using props (if necessary) to allow comfort and stability in poses.



DIANE VALENTINE, DIRECTOR OF THE YOGA & MOVEMENT CENTER

Teacher, author and practitioner, Diane has been a student of yoga for more than 30 years and teacher for 23. Diane has developed a deep understanding of the therapeutic and restorative aspects of yoga. As a certified practitioner in the Feldenkrais Method® Diane teaches Awareness through Movement classes as well as private individual hands-on lessons. She brings to her students and clients the combined gifts of Yoga and Feldenkrais in a beautiful blend.

This is a small, intimate retreat. Space is limited.
Register early!



THE DETAILS

March 23-30, 2012

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The price includes daily yoga classes, two daily meals (breakfast and dinner), double occupancy at Hacienda Eden and transportation to and from Zihuatanejo/Ixtapa airport.

YOGA IN MEXICO REGISTRATION FORM

Please send deposit to: Brentwood Yoga Center, 8650-H Brentwood Blvd, Brentwood, CA 94513

Name: _____

Male: _____ Female: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Cell: _____ Email: _____

\$1,495 per person includes: yoga classes, two daily meals, double occupancy at Hacienda Eden, and transportation to & from Zihuatanejo/Ixtapa airport.

\$495 non-refundable deposit reserves your place.

The balance of \$1000 is due by February 15, 2012.