

Take Flight with

# SHANTI YOGA IN PARADISE



Join us for a week designed to provide a perfect balance of learning, relaxation & play in the quaint fishing/surfing village of Sayulita, Mx. You'll have the opportunity to deepen your yoga practice each morning & afternoon with customized meditation & asana sessions. Optional excursions include a trip to ancient spiritual petroglyphs. Our exquisite accommodations are within short walks to beaches, shopping, the town square & other delights.

Breakfasts & three dinners are catered by local gourmet chefs using the freshest local ingredients; other meals can be prepared by you in any of our three kitchens (2 open air!) or you might choose to check out the many restaurants within walking distance.

\$1175 double occupancy\*, \$1575 single occupancy\*, includes twice daily meditation/pranayama/yoga, 7 nights lodging, catered breakfasts and 3 catered dinners. Registered with Yoga Alliance at both the 200 & 500 levels of Yoga Teacher Training; attendees can earn up to 45 hrs. Airfare, gratuities, personal transportation, extra excursions not included. \*After Dec. 15th, the price increases to \$1375 double occupancy, \$1775 single occupancy.



# YOGA IN PARADISE

Join us for our third year on this transformational journey. Your retreat schedule is informed by the deeper gifts yoga offers: self-awareness & personal growth, appreciation & connection to nature, fellowship with like-minded yogis, fun. Although we encourage you to take advantage of our offerings, you are also encouraged to create your own experience by opting out of events or scheduling private sessions.

Sunday, April 15 through Friday, April 20

7:30 - 8am Meditation, Pranayama

8 - 9 am Breakfast Buffet of local organic offerings (vegetarian & non-vegetarian), teas, coffee, juices

10 - noon Morning Asana

Free Time

4:40 - 6pm Asana (Sessions include Therapeutic, Restorative, Yin, Yoga Nidra, Asana alignment)

Trip leader, Debbi Murphy, PhD, ERYT 500 has been practicing & teaching yoga for thirty years and is skilled at personalizing the experience to each individual. Intrigued by the Mind-Body connection early in life, she obtained her masters in psychology & doctorate in exercise science in the 70's when she also began her study of yoga. Since then, she has studied with master teachers John Friend, Richard Freeman, Rodney Yee, Shiva Rea, Seane Corn and Erich Schiffmann. In 2001, she created Shanti Yoga Studio & School where she hosts national yoga masters & advanced study/teacher training workshops. To learn more about Debbi, go to [shantiyogastudio.org](http://shantiyogastudio.org) or [debbimurphy.com](http://debbimurphy.com). For more information about Sayulita, go to [sayulitalife.com](http://sayulitalife.com). Retreat lodging options can be seen @ Casa Agave, Casa Toscana (<http://www.youtube.com/watch?v=8b-aCi6cZEs&feature=related> [http://www.youtube.com/watch?v=T0xUyjKT\\_FU&hd=1](http://www.youtube.com/watch?v=T0xUyjKT_FU&hd=1)).

Please feel free to call 208.634.9711 or email: [deb@shantiyogastudio.org](mailto:deb@shantiyogastudio.org)