



FIND TRANQUILITY AMID THE RUSH

Coral Gables, Florida • May 16-18, 2008

Explore Vinyasa Yoga

Escape for the weekend to an oasis of tranquility and bliss right in the heart of “the City Beautiful,” Coral Gables, Florida—one of the most beautiful corners of Miami! With the lush gardens, Zen waterfall, and serene beauty of Villa Minorca, you’ll never guess that you’re just minutes away from the Miami International Airport, the Miracle Mile boutiques, and the world-famous Venetian Pool (a gorgeous natural rock quarry pool).

Participate in 2-3 daily yoga sessions designed to help you develop confidence, strength and flexibility on the mat. Intensive workshops will help you deepen your asana practice and find ease in the postures that challenge you. Meditation workshops and discussions will help you carry what you learn in yoga class “off the mat” and into your daily life, allowing your yoga practice to become a springboard for creating a more authentic, joy-filled and vibrant life.

Sessions at this retreat include:

- Hip openers
- Hamstring stretches
- Core-strengthening
- Basic Inversions
- Developing upper-body strength (a real challenge for many women)
- Aromatherapy to enhance your yoga and meditation practice
- Meditation
- Living your Yoga Practice off the Mat
- Finding Freedom in your Back-bends
- Twists and ergonomics for a healthy back

A retreat is an opportunity to fine-tune the development of your yoga practice or to begin one in an uplifting and supportive environment. *Beginners are welcome!*

Indulge in a weekend of exploring yoga and aromatherapy in a playful and inviting way. Treat yourself to a massage* or some well-deserved down-time in a beautiful setting. You'll come away refreshed and renewed.

FEES: Prices begin at \$245 for the entire weekend, which includes all yoga classes, workshops, workshop materials, and gourmet spa cuisine meals.

For those who would like the ease and convenience of staying overnight at the lovely Villa Minorca during the retreat, rates are listed below. Prices include all retreat services listed above + accommodation for the entire weekend:

Single accommodation with shared bath: \$475 all services included

Couple Deluxe with private bath: \$360 per person all services included

Lodging on-site is limited. Reserve your space now!

For more information, please write to: info@suncatcheryoga.com



**Depending on the level of interest of retreat participants, arrangements will be made for a massage therapist to come to the retreat house for appointments. Cost of massages is not included in the retreat fee. All appointments will be pre-arranged with the massage therapist before the retreat.*

