



MEXICO YOGA & MEDITATION RETREAT 2012

with Iyengar certified teachers Heather Star Graham and Carol Brophy

March 3–10, 2012
Casa Dulce Vida, Puerto Vallarta, Mexico

The Casa is situated in the heart of Puerto Vallarta's "Old Town".
More information can be seen at www.dulcevida.com



US \$1350 includes

Yoga and meditation instruction • All meals prepared by an on-site chef
Shared accommodation (*contact Heather Star for private room information and pricing*)

During the workshops, you will be encouraged to deepen your understanding of asana, pranayama and meditation. Through these practices, you will develop clearer body-mind awareness. The emphasis for the retreat will be on restoration, awareness and enjoyment.

To reserve your spot, send a non-refundable deposit of US \$500.
Balance due October 31, 2011. Price increases to US \$1400 after Dec 15, 2011.

Please make cheques or money orders payable to Heather Graham and mail to:
#165, 720 Sixth Street, New Westminster, BC V3L 3C5

Heather Star Graham 604.856.9206 info@yogatreecentres.com