



# YOGA

in

Mexico

## 15 - 22 January 2011 with JJ Gormley-Etchells Villas Shanti, Puerto Morelos, Mexico

Come bask in the beauty and warmth of Mexico. January is a great time to get away from the cold and hustle-bussle of our daily lives and instead enjoy twice daily yoga classes with JJ in the beautiful yoga retreat center, Villas Shanti, and wonderful meals delivered at poolside. Villas Shanti is located in Puerto Morelos, a quaint fishing village in Mexico in the Yucatan Peninsula just a half-hour south of Cancun.

Villas Shanti retreat center offers a spacious yoga palapas for our yoga, props available include: yoga sticky mat, blankets, straps, chairs, and blocks. Double occupancy rooms overlooking the central pool plaza with kitchenettes. Single occupancy rooms available for an additional cost.

Brunch after yoga on all but one day and two dinners (first and last night) served pool side are included. For other meals, participants are encouraged to experience the excellent local cuisine available within walking distance.

We'll save one day (no yoga this day) for excursions, some choices will be presented on our first day and as a group we'll choose (on past trips, excursions have been to Tulum, Cenotes (fresh water swimming oasis), or Mayan ruins.) Snorkeling, massage, and shiatsu are available for an extra fee.

JJ Gormley-Etchells has over 30 years experience in yoga and she teaches across the country and abroad. Classes are open to all levels, those new to yoga are encouraged to experience JJ's wonderful, gentle style of yoga and those experienced in yoga are also encouraged to experience the subtleties of JJ's teachings.

Yoga Vacation Fee: \$1395 for double-occupancy (\$1895 for single.)

Non refundable deposit of \$350 to reserve your space due by October 1st.

Full Payment due by November 30th. No refunds after November 30th.

Please make checks payable to Surya Chandra Healing Yoga and mail to the address below or contact JJ to make a credit card payment. Airfare not included. Traveler's insurance recommended.

Email JJ for more information: [yoginjj@yahoo.com](mailto:yoginjj@yahoo.com)

