

# YOGA & SURF

WITH ALEX AND BETH IGLECIA

SAYULITA, MEXICO

MARCH 13-19.2010



*Via Yoga invites you*

to escape the hectic pace of everyday life.

Relax. Hear yourself think. Challenge your body.

And soak up some well-deserved Mexican sunshine.

Choose between a combination of Yoga & Surfing or focus solely on Yoga. Between your daily lessons, you'll have plenty of leisure time to relax on the beach and explore colorful Sayulita—a tiny beach hamlet with charming restaurants, shops and galleries, located just 45 minutes outside Puerto Vallarta.

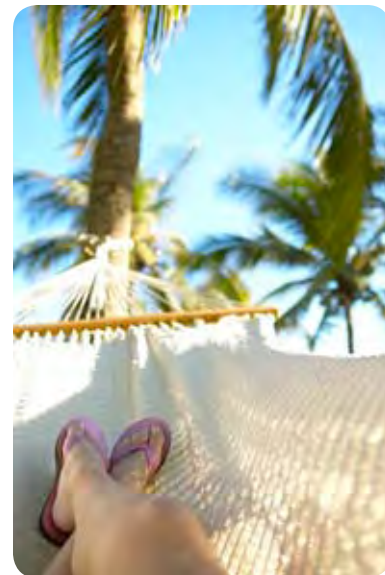
## Your experience will include:

- Two 90-minute classes each day
- Daily one-hour surf lesson (optional)
- Six nights accommodations at Villa Amor, in a stunning open-aired oceanfront villa
- Daily maid service
- Daily breakfast and three group dinners at Villa Amor and local restaurants
- A one-hour massage
- A day trip to Punta Mita for surfing/ snorkeling weather permitting (lunch included)
- Roundtrip airport transfers from Puerto Vallarta International Airport
- Further details can be explored at: [www.viayoga.com](http://www.viayoga.com)



### Alex & Beth Iglecia

Alex and Beth blend *The Epic Workout*® and Yin Yoga, presenting Yoga philosophy and asana, functional & creative movement, strength & conditioning, restoration & rejuvenation, breath & energy in a way that is both mindful and worldly. Your experience will create strength, develop effortless movement, and deepen awareness of who and what you are, how you move, and why you are here. Time between classes will be spent in the stunning blue ocean, mastering your surf skills under the careful instruction of local surf experts.



CONTACT US TODAY FOR DETAILS AND RATES:

800.603.9642 [www.viayoga.com](http://www.viayoga.com)