

# YOGA

WITH JENNIFER LASHER BREEN

SAYULITA, MEXICO

JANUARY 25-31.2010



*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-aided 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)



## Jennifer Lasher Breen

While Jen's background stems from a Bikram practice, she now incorporates a strong blend of vinyasa flow where you will sweat away stress, create spine suppleness and build inner strength. Exploring the yin side of yoga where postures will be held longer to open and awaken the hips and shoulders. Turning life upside down with inversions and move into a yoga sleep with Yoga Nidra and meditations on gratitude, compassion and loving kindness. Return home feeling dusted off, cleaned out, shining brightly like new!

**CONTACT US TODAY FOR DETAILS AND RATES:**

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

