

# Chicago Tribune

## Mexican workout

Active travelers might look to Via Yoga for one of its 10 retreats emphasizing personal growth. Based at Villa Amor resort in Sayulita, Mexico, the series kicks off with "Yoga & Surfing" Jan. 11-17, followed closely by "Anusara Yoga" Jan. 17-23. Yoga and surfing are combined again five more times over the coming months, while Pilates and surfing highlight the Feb. 8-14 retreat, and Spanish-language instruction complements yoga March 20-26. The last session, April 25-May 1, is devoted solely to Pilates.

Current fees start at \$1,695-\$1,995, depending on the subjects offered. These prices reflect a \$600 discount over regular rates. Prices cover accommodations, daily breakfast and three dinners as well as classes, one massage, a surfing or snorkeling excursion and round-trip transfers from the Puerto Vallarta airport. Tax and resort fee are included, but airfare is additional. Both men and women are welcome. (800-603-9642; [www.viayoga.com](http://www.viayoga.com))