



VIAYOGA

YOGA-ONLY AND YOGA & PILATES RETREATS AT LAS ALAMANDAS ON THE MEXICAN RIVIERA

The Secret Hideaway for Some of the World's Most Famous Celebrities

"Best chance to vacation like a Hollywood hotshot" – GQ 2004

"One of the world's most romantic hotels" – Air France 2002

"A luxurious oasis where privacy and quiet are the most important amenities" – Town & Country 2004

"...like having the run of a really wealthy friend's gorgeous estate" – USA Today 1999

Via Yoga offers 4-night Yoga & Pilates retreats from November through May at the romantic, colorful, and very private 5-star resort of Las Alamandas in Jalisco, Mexico. Guests learn to strengthen and lengthen with Pilates and yoga in an oceanfront palapa while soaking up ocean breezes, stunning views, and the warm Mexican sun. They also pamper themselves in utter luxury.

The Yoga & Pilates: Classes are kept very small, and there are two per day. For the yoga retreats, there is an invigorating yoga class in the morning, and a restorative class in the afternoon. The yoga & Pilates retreats feature a flowing yoga class in the morning, and a Pilates mat class in the afternoon to build strength and stability; the synergy of the two disciplines is explored in both classes. All levels are welcome, including beginners.

The Location: Las Alamandas is a private 1,500-acre refuge on Mexico's Costa Alegre, about midway between Puerto Vallarta (2 hours north) and Manzanillo (1.5 hours south). The resort, which received a AAA 4-Diamond Award in 2005, is managed like an elegant estate where guests are accorded the highest standards of hospitality. Las Alamandas is a paradise of exotic trees, palms, flowers, wild birds, lagoons, and endless white-sand beaches. There are only 14 suites in six villas, which accommodate a maximum of 30 guests. The suites are all magnificent, incorporating the best of Mexican design, furniture, fabrics, and arts and crafts. Some have indoor gardens, others have outdoor sitting or dining rooms, terraces, shaded verandahs, or panoramic views. Three restaurants serve fine cuisine made up of organic ingredients, many of which are grown on the hotel property.

Activities: The hotel has a swimming pool, tennis court, fully equipped gym, and a host of massage treatments and salon services. There is also horseback riding, mountain biking, hiking, boating, bird watching, boogie boarding, beach volleyball, fishing and snorkeling.

Getting There: Guests fly to Puerto Vallarta via major airlines. Via Yoga arranges for ground transportation to and from the Puerto Vallarta airport if guests arrive the afternoon of the first day of the retreat. Guest also have the option, at their own expense, take a taxi, rent a car, arrange for a chauffeured limo, or charter a small plane to fly to the private landing strip at the resort.

Cost: \$1,995 - \$4,495, with rates varying according to room type. Included are two 90-minute classes each day, one in-room hour-long massage, three organic vegetarian meals daily, and unlimited use of the facilities. Cost does not include airfare.

Founders: Via Yoga was founded in 2003 by Kelly Kemp and Michelle King of Seattle, WA.

Contacts; Guests/Accommodations Kelly Kemp, Director of Operations, kelly@viayoga.com; **Teachers/Programs** Michelle King, Director of Programming, michelle@viayoga.com

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