

The Province

Come home from holiday with a whole new look

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Mexican workout

Active travellers might look to Via Yoga for one of its 10 retreats emphasizing personal growth. Based at Villa Amor resort in Sayulita, Mexico, the series includes "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 US 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 snorkelling 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. (800-6039642; www.viayoga.com)

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