



ForbesLife Find of the Day

Via Yoga 'Vacation Stimulus'



Although layoffs sting, severance packages can certainly soften the blow. For those blessed with a cash cushion, Via Yoga Retreats, which combine daily surf lessons and yoga or pilates classes, are an ideal way to refocus before returning to work.

What's more, guests receive \$600 off their stay for any 2009 six-night retreat, which takes place at oceanfront resort Villa Amor in Sayulita, Mexico. Each retreat includes a massage, a boat trip with snorkeling at nearby Punta Mita, a daily breakfast buffet, three group dinners at Villa Amor or other local restaurants, daily maid service and round-trip airport transfers from Puerto Vallarta International Airport to Villa Amor.

Sure, even with the discount, the cost is substantial at \$2,095 to \$4,095 per person, and that's not including airfare. But self-investment might be the smartest financial move in this economy.

For more information, visit viayoga.com.

--Lauren Sherman