

# Align & Flow YOGA & Wisdom of the Medicine Wheel

*Spring Yoga Retreat with Lorraine Aguilar*



## Sky Temple in Yelapa, Mexico *March 15-22, 2014*

Join Lorraine for a transformative week of practice, rejuvenation, adventure and nourishment for body, mind and soul in the lush Pacific Coast of Mexico. Yelapa is a small coastal village reached only by boat from Puerto Vallarta. No roads have been developed yet, so there are no cars in Yelapa; mules and horses are still used daily for transportation. Yelapa offers an authentic Mexican village experience. Enjoy spectacular nature of beach, river, lagoon, plants, birds, and sun.

### **DAILY YOGA, MEDITATION & BREATHWORK at SKY TEMPLE.**

Sky Temple is a treetop Yoga Sanctuary. It sits on a side of the mountain overlooking the mouth of Rio Tuito. The entire Yelapa Bay, beach and jungle fill the view as we practice. We are serenaded by the calls of small green parrots and macaws. Deepen your experience through daily practicing and sharing in community. Daily offerings include: early am Meditation & breath work; Two Align & Flow yoga classes: a morning Basic practice & a late afternoon Intermediate/Advanced practice. **Other AM and EVENING ACTIVITIES** include: discussions exploring the wisdom of the Medicine Wheel teachings. Learn and practice powerful am & pm rituals. Enjoy a fire ceremony on the beach. Immerse yourself with the night sky and sounds of the waves.

**ACCOMODATIONS:** Retreat price includes 7 nights double occupancy accommodations. A limited number of single occupancy options are available. Please inquire for details.

**Puerto Vallarta:** Hotel Eloisa One Night

**Yelapa:** 6 nights at Casa De Los Suenos [www.yatesinyelapa.com](http://www.yatesinyelapa.com) or Garcia Rentals [www.garciarentals.com](http://www.garciarentals.com).

There are a variety of accommodations in open air bungalows, lodges and efficiencies with shared and private baths. All accommodations are shared occupancy with a limited number of single occupancy options and offer fresh towels and linens. Rooms assigned on a first come, first served basis.

**MEALS:** 3 meals daily: The whole group will be sharing healthy and delicious meals at Casa de Los Suenos. Each morning we will begin with early am fruits, coffee and teas, A light breakfast after practice, Lunches and dinners will be prepared at Los Suenos combined with some meals out in the village. Each lodging has a kitchen and refrigerator so you will be able to shop in the village and have additional snacks and foods in your rooms.

**ACTIVITIES & Excursions:** We will have plenty of time for resting, reading, hanging at the beach, swimming, hiking as well as land and sea excursions: snorkeling, whale watching, looking for dolphins, mountain village tour, waterfall hike.

**TRANSPORTATION & Itinerary:** Fly Roundtrip from your home city to Puerto Vallarta, Mexico.

Day 1: Explore Puerto Vallarta, dinner & overnight in PV. Day 2 : From town pier take a private boat to Yelapa.

Days 2-8 in Yelapa. Day 8 Late am return back to PV, 1/2 hour taxi ride back to the airport. You will receive an additional detailed itinerary with your confirmation documents, including recommended flights and schedule.

## *We Welcome spouses, companions & friends.*

*Even if they don't practice yoga, there will be plenty to enjoy and participate in or not.*

### **FACILITATOR:**

**LORRAINE AGUILAR**, PT, ERYT 500 is the director/founder of YOGA FLOW STUDIO in Glen Head, N.Y. She has been a practicing Physical Therapist since 1991 and specializes in yoga therapeutics and orthopedic manual therapy. Lorraine has been practicing yoga since 1992 and teaching since 1995. She received her 500hr yoga certification from Beryl Bender Birch of the Hard & the Soft Institute and is part of her teacher training staff. She studied Anusara yoga with John Friend for 14 yrs., and was an Anusara Inspired teacher for 13 yrs. She continues to practice and study Ashtanga, Iyengar and Alignment based yoga. Lorraine offers group and private yoga sessions as well as Teacher Trainings and workshops in Anatomy for Yoga. Lorraine studies and is inspired by Truth and Spirit in all it's forms. She has studied Native American and Women's Ways with Deep Arrow Woman of Moonfire Meeting House ,participated in ceremony & teachings with the 13 Indigenous Grandmothers & Shamans of Peru. She studies Buddhist psychology with Dr. Miles Neale of the Nalanda Institute in NYC, Meditation and Silence with Adyashanti. These teachings inform her classes and her life. Lorraine's love of Mexico, Spanish, travel, ritual, nature and the continual quest for living fully & authentically have inspired this retreat.



### **COST:**

- **EARLY BIRD SPECIAL:** \$1325 p.p. dbl. occupancy - *deposit received by October 15, 2013*  
\$1400 p.p. dbl. occupancy - *deposit received by January 15, 2014*
- **FULL RETREAT PRICE:** \$1475 p.p. dbl occupancy - *booking after January 15, 2014*

*Single supplement \$185-\$335 (inquire). Discounts available for non-yoga participants (inquire).*

- **INITIAL DEPOSIT:** **\$400** to reserve your space must be received upon booking (non-refundable)
- **FINAL BALANCE DUE:** January 30, 2014
- **CANCELLATION POLICY** Please INQUIRE !

**Price includes:** Lodging: 1 night in PV, 6 nights in Yelapa, 3 daily meals (except 1 lunch & 1 dinner) , one Authentic local fish grill with Mexican family, Roundtrip boat transfers from Puerto Vallarta to Yelapa, luggage transfers, all gratuities, guided hike to waterfall, group yoga, meditation and ritual sessions.

**Additional:** Airfare, transportation & meals in Puerto Vallarta & optional excursions.

*Please do not book any flights until you receive your confirmation of the retreat.*

**Make checks Payable to:** YOGA FLOW STUDIO

**Send to:** Yoga Flow Studio, 977 Glen Cove Avenue , Glen Head, N.Y. 11545

**Additional Information:** Contact Lorraine @ (516) 656-0672 or [yogaflowstudio@gmail.com](mailto:yogaflowstudio@gmail.com) • [www.yogaflowstudio.com](http://www.yogaflowstudio.com)

**Required Documents:** Valid Passport

**Recommended:** Cancellation and Emergency Medical/Evacuation Insurance

*A complete itinerary and list of what to bring etc. will be provided when final payment is received.*

***SPACE IS LIMITED - RESERVE EARLY !!!***

## **REGISTRATION FORM**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE #s. Home: \_\_\_\_\_ Cell: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

YOGA INTEREST/LEVEL: Beginner/Gentle \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

ROOMATE Preference: \_\_\_\_\_ SINGLE Occupancy (limited) \_\_\_\_\_

I NEED A ROOMATE: \_\_\_\_\_ I will be traveling from: \_\_\_\_\_

Special dietary or other needs \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ ( Make checks payable to Yoga Flow Studio)

Questions and/or Comments \_\_\_\_\_