

## **2012 Yoga Retreat in Mexico w/ Athena Pappas**

Friday, February 10<sup>th</sup> – Friday, February 17<sup>th</sup> 2012.

Revitalize yourself with a week of yoga and sunshine. At La Loma Linda Yoga Center ocean breezes, golden sand and hammocks for lounging, reading, relaxing await. La Loma Linda is a retreat center situated on Zipolite Beach on the southern most tip of Oaxaca. The beach is one of the most beautiful on the coast.

Your day begins gently – a light breakfast, perhaps a stroll on the beach and then a morning yoga class followed by lunch. The afternoon is yours to enjoy, a swim in the warm ocean or a nap in the sun. We'll meet again for an afternoon yoga class, watch the sunset and then enjoy dinner. Ocean waves will lull you to sleep.

La Loma Linda offers a beautiful well-equipped yoga room and spacious bungalows. Twice daily yoga classes taught by Athena will allow you to deepen your practice and experience the serenity that yoga has to offer. The group size will be limited to allow each participant to receive personalized attention during the classes.

Cost includes: 7 nights shared accommodations, 3 meals daily, 2 yoga classes daily, airport transfers from/to Huatulco for those arriving w/the group.

A \$250.00 non-refundable deposit holds your place. Balance is due by December 15<sup>th</sup>, 2011. For more details and registration contact Athena through her website: [www.athenayoga.com](http://www.athenayoga.com) .