



Live Your Dharma

A Journey of Mantra, Mindfulness and Movement

January 12th-19th, 2019
at Haramara Resort, Sayulita Mexico

Experience the simplicity and luxury of Haramara. "Haramara is an exclusive, intimate, and secluded seaside retreat center offering superior mind, body, spirit experiences along with sensual, tropical harmony.

The location is ideal for those looking to truly be in an atmosphere of distraction free practice and connection to the earth, to self, to others. You will enjoy the guidance of 3 master yoga teachers who will deliver deep study and practice methods throughout your stay.

We will explore movement, mantra, meditation, study of yogic texts, and many other practices. Prepare to expand your consciousness and bliss!

The Retreat Includes

- 6 nights lodging in open air cabanas
- 3 gourmet, vegetarian meals per day
- Airport Shuttle from/to Puerto Vallarta
- Daily yoga, meditation, chanting practices
- Live music yoga and evening Kirtan with extra special guest- **GIRISH!**

All Inclusive Rate Options

- \$2,600 Single
- \$2,300 Double
- \$2,100 Triple
- \$1,800 Dorm

Featured Activities Include

- Deepen and enrich your Sadhana (practice) with daily yoga, meditation, mantra, and study.
- Scheduled activities are optional. Enjoy Haramara with unlimited down time to restore body, mind, and spirit.
- Enjoy delicious, organic, gourmet meals tastefully prepared and artistically presented by some of the finest chefs in Mexico.
- On site Therapeutic Wellness Spa available
- Private, ocean-front beach and infinity pool

Registration Information

- June 1st, 2018 — \$600 due
- September 1st, 2018 — \$600 due
- December 1st, 2018 — Balance due

Donna Mosca at Peace Tree Yoga

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Tracy Jennings-Hill at Live UR Yoga

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GIRISH

<http://www.girishmusic.com>

Resort Information

<https://haramararetreat.com>

PeaceTree Yoga

LIVE UR YOGA
TRANSFORMATION. EMPOWERMENT. GROWTH.