

Yoga in Paradise

Sayulita, Mexico



Nov 03rd-10th, 2012

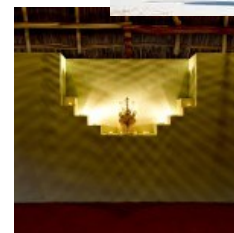
7 Spiritual Laws of Yoga & Meditation Retreat

Enjoy Paradise in Sayulita, Mexico - Tuition \$1,411.00*

~ Early Bird Before April 1st - \$1,111 ~

This Lotus Oasis signature retreat will support you in embrace your optimal level of well-being. Whether you are new on the path of yoga and self-discovery or you are looking to deepen your existing practice, our unique yoga and meditation retreat will take your practice and your understanding of the principles of yoga to the next level. Lead by Charlotte Lenssen, **Chopra certified instructor**, and Lynn Feder, an experienced yoga and pilates instructor. This retreat is designed to help you align body, mind and spirit through daily meditation, yoga and communing with nature. Retreat price includes:

- 7 nights at the beautiful Hotelito Los Suenos in Sayulita Mexico
- Daily Breakfast and celebratory dinner included
- Twice daily yoga and meditation practice
- Daily journal exercises
- Teachings of the 7 Spiritual Laws of Yoga/Success
- Sun Salutations on the beach
- A complimentary massage
- Optional surfing lessons, snorkeling and cooking lessons available



\$333 non-refundable deposit upon registration.

FREE Book "7 Spiritual Laws of Yoga" to first 5 participants to sign up.

For more information or to register visit our website: www.lotusoasis.com

Got Questions? Call Charlotte @ (970) 799-8950 or Lynn @ (713) 504-6685



Led by Charlotte Lenssen
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