



maya

WHOLE HEALTH STUDIO

systemic yoga Renewal Retreat with Ateeka

We are made of the earth, the sky, the seas, the plants, the rocks . . . We move in cycles just like the moon, the sun and the tides. Systemic Yoga helps us to remember that we are essential elements of the creative natural world. From this embodied recognition arises health, happiness and gentle power.

-Ateeka

Simple bungalows in the gentle Mexican jungle will be our home for a week of regenerative and experiential SYSTEMIC YOGA practices.

Organic Asana:

Finding your own natural movement

Innovative Pranayama:

Freeing the Breath throughout your Entire Body

Nature Rooted Meditation:

Renewing your Relationship with Mother Earth and her elements.

Nada-Yoga:

Discovering your own "breathsong" of sound and mantra

Tantsu:

Learning new forms of Gentle and Healing Tantric Meditation

Creative Emergence:

Stimulating your power through Art and Writing exercises

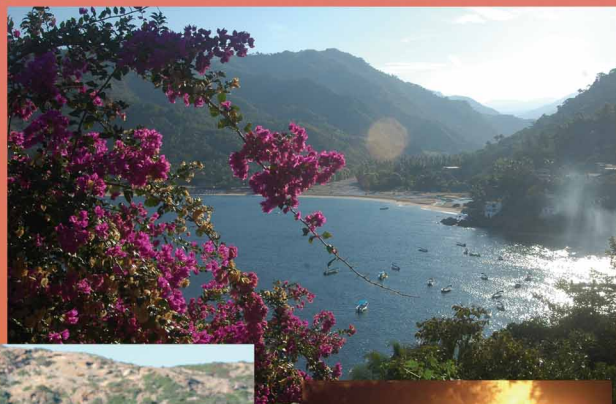
In this retreat, you will be guided to cultivate prana (life force energy), creativity, and natural power for your everyday life. You will learn an array of deep, yet very practical, yoga techniques that you can apply to your REAL LIFE for thriving with radiant health, creative expression, gratitude, elegance, and joy.

This retreat is open to EVERYBODY with an open mind and desire to reconnect with the natural movement of Life, the cycles of Mother Earth, and the flow of Love. Those who are new to the tantric practices will find safe and accessible ways to feel peace and ease in the body. Experienced yoga practitioners and teachers will expand and refresh their existing practice from the inside out.

Retreat Price \$985.00 per person includes 6 nights shared accomodation, daily breakfast/dinner and boat transfers from and to Puerto Vallarta.

for more info & to register contact Shannon at 425-336-1421
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www.mayawholehealth.com



Monday, March 29-
Sunday, April 4, 2010

Los Naranjos Jungle Retreat

Yelapa, MEXICO



www.ateeka-yoga.com