

relax

Each day you will have time for yourself to rejuvenate; whether you are whale watching, soaking in the spa, or simply reading a book while lying on the beach. Come relax, play, and rediscover inner peace on this extraordinary retreat.

- **to make room reservations:**

Please book your accommodations directly with Mar de Jade. Rates and availability online at www.mardejade.com. It is important that you reserve your rooms early because it is on a first come first served basis only!

- **travel details:**

You will fly into Puerto Vallarta airport. Try to plan a flight that arrives on Friday, March 28th in the afternoon before dinner, and departs on Friday, April 4th after breakfast. There is a 1 1/2 hour shuttle ride to the retreat center.

- **shuttle:**

The retreat center coordinates a van service to and from Puerto Vallarta airport. Vans are offered on the first and last day of the retreat to combine retreat participants arriving with similar flight times. Bus and individual taxi service also available.

- **retreat questions**

please contact Source Yoga: info@sourceyogaonline.com or 253-756-8066.

- **accommodation questions**

please contact Mar de Jade at www.mardejade.com or 1-800-257-0532.



Mar De Jade Yoga Studio overlooking the Pacific Ocean.



Sunset view from Mar De Jade



MAR DE JADE
HOLISTIC LIFESTYLE CENTER

be alive

Come rediscover your truest self just north of beautiful Puerto Vallarta Mexico through daily yoga practice, meditation, group activities, and plenty of free time! Experience the freedom and joy of just being. Classes and meditations are open to ALL levels of students.

where the jungle meets the sea...

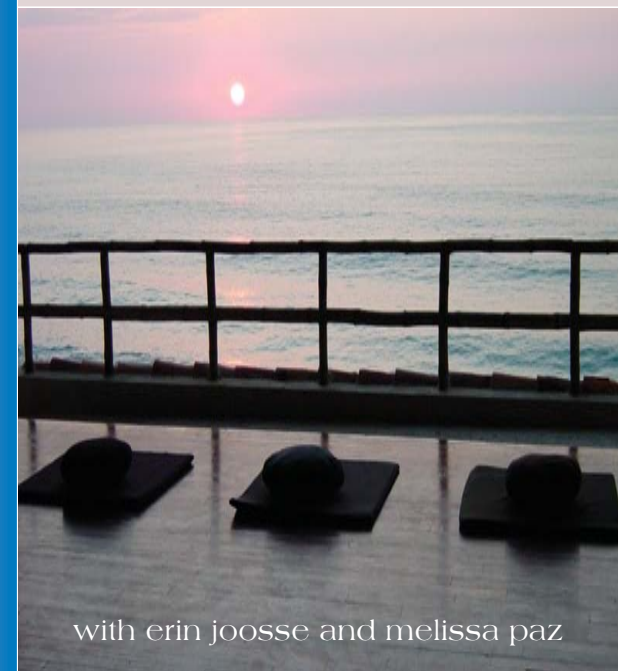
sourceyoga presents



MAR DE JADE

HOLISTIC LIFESTYLE CENTER

mexico yoga retreat
march 28 - april 4 · 2008



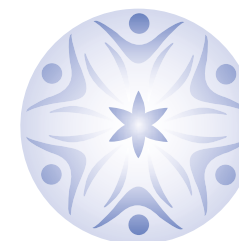
with erin josse and melissa paz



Melissa Paz exploring 'fish pose'

Mar De Jade

U.S. mailing address:
(Allow 2-3 weeks for receipt)
MAR DE JADE
PMB 078-344
827 Union Pacific
Laredo, Texas
78045-9452



www.sourceyogaonline.com

yoga retreat...where the jungle meets the sea

with sourceyoga's erin josse and melissa paz



Mar De Jade suites

Each spacious suite offers an atmosphere of elegant simplicity made of rock, wood, and hand painted mosaics all facing the garden or ocean. The retreat center also offers single, double or triple occupancy with a variety of pricing.

daily practice

Join us for a revitalizing and joyful week long experience of yoga and meditation. You will experience daily vinyasa yoga classes (a flowing movement practice), meditation, and hands on assistance during class to help deepen your practice. Classes will range from restorative to invigorating, and are open to all levels of students with some yoga background. Learn to be present through guided mindfulness meditation. There will be instruction and discussion – no meditation experience necessary.



erin & melissa

are co-founders of Source Yoga in Tacoma, Washington. They have been collaborating and working together for almost 10 years. They are both mothers to toddler boys and have found their sons to be their greatest teachers. They both believe that a healthy body at ease provides the experience of well-being, freeing up the individual to grow and develop in all ways. In their classes, you are encouraged to discover a renewed sense of Self physically, emotionally, and spiritually and to make your practice your own. You will leave the classes with a relaxed body, joyful spirit, and a quiet mind.

discovery

Mar de Jade is located in a setting of great natural beauty and serenity, 1 1/2 hours North of Puerto Vallarta. As its backdrop is a tropical mountain forest, alive with birds, tropical vegetation, and nearby groves of coconut, mango, and banana trees. Mar de Jade's rests on the edge of the pristine, sandy beach and warm ocean water of Chacala, Mexico. In the midst of a palm grove at the edge of the ocean is a full-sized swimming pool, a wading pool, and a large jacuzzi, ideal for star-gazing at night. The retreat center is located at the farthest South end of the beach providing sanctuary-like seclusion in this small fishing village.



Pool and Spa at Mar De Jade

culture

Enjoy three fresh, healthy meals daily in the open air dining room. If you want to further pamper yourself during the week, a variety of spa treatments are available in the Whole Life Spa. If you crave a cultural experience, you may participate in any local activities during your stay, ranging from Spanish classes by the sea, Latin dancing under the stars, or exploring the nearby town.

awaken

We will awaken to the sounds of ocean waves and begin our daily morning yoga class in a spacious studio overlooking the ocean. During the day, you can explore the beauty of your surroundings by hiking, horseback riding, swimming, snorkeling, or simply relaxing on the beach. Some afternoons and evenings we will gather for an additional yoga and meditation session to further our exploration of mindful awareness.

to register:

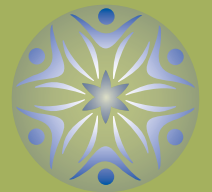
Register online or at the studio. Cost: \$625 Cost includes 7 days of Yoga and Meditation and group activities. Lodging, airfare and transportation are not included. A non-refundable deposit of \$200 will hold your space.

Early Registration: Register before December 31st and receive 5% discount. Registration deadline is February 1st. Final payment is due by March 1st.

Cancellation Policy: If you cancel prior to March 1st, a refund minus your deposit will be refunded. No refunds after March 1st.

www.sourceyogaonline.com

studio: (253) 756-8066



health · vitality · joy