

7 Days of Yoga Sadhana in Sunny Mexico!



Take a break from winter

with

Marion (Mugs) McConnell ERYT, SOYA IYTA

and Carla Wainwright ERYT, SOYA IYTA



February 5th – 12th, 2011 Melaque, Jalisco, Mexico
(At #10 Primavera, in Villa Obregon)

Deepen all aspects of your Yoga including asana,
pranayama, meditation, mudras & mantra!



Get inspired! Have
FUN in the SUN!

Daily Sadhana:

8-10am & 5:30-7:30pm.

*Explore your potential with
Yoga twice a day!*



Retreat is eligible for SOYA Teacher Training credits & YA CEUs.

Marion (Mugs) McConnell is a Registered Yoga Teacher (E-RYT500), Yoga Teacher Trainer for the South Okanagan Yoga Academy and the Canadian Representative for the International Yoga Teachers' Association. She studied under Swami Vishnu-devananda and Dr Hari Dickman in the Sivananda system of Yoga in 1978-80 and with Erich Schiffmann in 2010. She has been teaching yoga for 33 years.

Carla Wainwright is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teacher's Association. Carla began practicing yoga in 1996 and is the co-owner of Chinook Yoga Studio in Prince George, BC. She teaches a wide range of classes from Yin Yoga to Pre-Natal. She is a Doctor of Medical Heilkunst from the Hahnemann College of Heilkunst and Homeopathy.

Cost: \$300 CDN including hst

Rates do not include accommodation or meals. Restaurants and grocery stores are within walking distance. See below for various places to stay near Mugs' home where we meet twice a day! Mugs will help you book your accommodation when you let her know your preferences.

FLIGHTS: You can fly into Manzanillo Airport which is a half hour from Melaque. Or, you can fly into Puerto Vallarta and take a 5 hour bus ride south to Melaque. If you choose to fly into Puerto Vallarta please allow an extra day for arrival and departure to ensure you can make bus connections.

To Register contact: Mugs McConnell 250-492-2587 Email: mugs.soya@gmail.com

Here are some suggested accommodations near our home at #10 Primavera. All have hyperlinks in the names so you can see them for yourselves (and there is tons of other information).

Feel free to ask me questions!

(note: be sure you are near "Primavera" in Villa Obregon. The "other" Primavera street is at the far left on the Melaque East map, and would put you very far away from us)

Please CONFIRM RATES at time of booking as the ones on the websites are not always current.

Be sure to ask if the rates are in pesos or US\$

Here is a Map showing most of these places

<http://www.tomzap.com/mapMelaqueEast.pdf>

Our place is on the far right of this map, across the street from "Red Tree Melaque"

EXPENSIVE:

[La Paloma](#) Oceanfront Retreat & Art Center. 011 52 (315) 355-5345 local, (604) 357-3591 Canada, (520) 204-1777 U.S. Email: retreat@prodigy.net.mx. 11 oceanfront and 2 gardenside studios for adults. Very private, minutes from downtown, open all year, reserve in advance. *About 8 blocks away*

[El Palmar Beach & Tennis Resort](#) 011 52 (315) 355-6263. 7 Luxury suites. Kitchenettes, purified water, daily maid service, swimming pool, gardens, barbeque area, mountain bikes, 4 red clay courts. All in a secure, friendly environment. Email: info@vacationinmexico.com *About 4 blocks away* English Spoken

MODERATE:

[Posada de Cervantes](#) 011 52 (315) 355-6574. posadadecervantes2@hotmail.com. Calle Abel Salgado 132, across from the Mallorca. 7 bungalows with kitchens. AC, cable TV, fans, pool, restaurant. Approximately \$45-\$50 per night. [Photo](#). *About 4 blocks away* English Spoken

[Villa Berenice](#) 011 52 (315) 355-5207, (315) 355-5498 (fax). 3 units, 1 bedroom, 1 bath, maid service, parking. Email: thevillas@prodigy.net.mx. *About 8 blocks away*

[Bungalos Orientales](#) 011 52 (315) 355-5751, 355-5750, 684-3482 (fax Attn: Bungalows Orientales). apd 162, Abel Salgado #9. Shaded pool area, enclosed parking, not air-conditioned, many rooms. [Photo](#). *About 8 blocks away*

ECONOMY:

[Casa del Sol](#) No website mexjourneys@prodigy.net.mx Phone: 011 52 (315) 355-8917 Address: #8 Zafiro, Villa Obregon, Melaque *Very sweet little place... shared kitchen, 1/2 block from beach, about \$250 a week for 2 people. Six large bedrooms with bathrooms. Nice Garden. Not on map, but very close to Posada de Cervantes*

[Posada Esmeralda](#) 011 52 (315) 355 6092 Shared kitchens but you have your own fridge in your room and private bathroom. Shared Wifi cost available. Bicycle Rental. Approximately \$100 pesos per night (\$10) for single room. *Only 2 blocks away, on the lagoon.*

[Laguna Del Tule](#) 011 52 (315) 355-5395 Website: <http://www.lagunadeltulebungalows.com> info@lagunadeltulebungalows.com East end of Zafiro, Calle Topacio No. 231 Melaque *About 5 blocks away*

MORE INFORMATION:

<http://www.tomzap.com/melaque.html#hotels>

http://www.costalegre.ca/Melaque_Posadas.htm

http://www.costalegre.ca/Melaque_Bungalows_MtoZ.htm

http://www.costalegre.ca/Melaque_Bungalows_MtoZ.htm