

# SOUTH OKANAGAN YOGA ACADEMY



Yoga Teacher Training Programs

*A Registered School with Yoga Alliance*



## SOYA's RYT200® Yoga Teacher Training Intensive in Melaque, Mexico!



**February 5-18, 2011**

**Join us & deepen your understanding of Yoga.  
Become a Registered Yoga Teacher!**



**Find out for yourself why people love our SOYA Yoga Studies and Teacher Training program! We have been training Yoga Teachers at International standards for more than 15 years!**



**Marion (Mugs) McConnell** is a founder and Co-Director of the SOYA Yoga Teacher Training Programs. She is the Canadian Representative for the International Yoga Teachers' Association (IYTA). "Mugs" is a certified Acharya under Swami Vishnudevananda (1978), and was the last disciple of Sri Yogiraj Dr. Hari Dickman. She is a Registered

Yoga Teacher with Yoga Alliance (ERYT500) and has been teaching yoga for over 30 years, presenting workshops in Australia, Spain, Puerto Rico, Mexico, and Canada. She recently trained under Erich Schiffmann and is currently studying Mantra Therapy with Namadeva Acharya.

[www.soyayoga.com](http://www.soyayoga.com)



**Carla Wainwright** began practicing yoga in 1996 and teaching in 1999. As co-owner of Chinook Yoga Studio in Prince George, BC, she teaches a wide range of classes from Yin Yoga to Pre-Natal. Carla is a certified SOYA 500 hour Yoga Teacher and she established the SOYA Yoga

Teacher Training in Prince George. She is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). Carla is a mother of 3 and recently graduated as a Doctor of Medical Heilkunst from the Hahnemann College of Heilkunst and Homeopathy. [www.carlawainwright.com](http://www.carlawainwright.com)

### **200 hour SOYA Training includes studies in:**

- Patanjali's Yoga Sutras
- Bhagavad Gita
- Kriyas
- Chakras
- Meditation



- Basic Pranayama
- Professionalism
- Asanas & Modifications
- Lesson Plans & Teaching
- Sanskrit Pronunciation

**Prerequisites:** Anatomy & Physiology (online course available at [www.ed2go.com](http://www.ed2go.com)), First Aid/CPR, 30 hours of yoga with an Independent SOYA Faculty Member in your area. We will help you to fulfill these!

**COST:** \$2500 plus hst = \$2800 payable to OK Yoga Essentials. Meals, Flights and Accommodations are separate. See below for information on flights & accommodations. We will help you get settled! Training at #10 Primavera, Villa Obregon, Melaque. Registration Required by November 2010.

**Contact Marion (Mugs) McConnell at 250-492-2587 or email [info@soyayoga.com](mailto:info@soyayoga.com)  
[www.soyayoga.com](http://www.soyayoga.com) Mailing Address: RR#1, Site 12A, C67, Chase BC VOE 1M0**

**Here are some suggested accommodations near our home at #10 Primaveras.**

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 "Primaveras" in Villa Obergon. The "other" Primaveras 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](mailto: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](mailto:info@vacationinmexico.com) *About 4 blocks away* English Spoken

**MODERATE:**

**Posada de Cervantes** 011 52 (315) 355-6574. [posadadecervantes2@hotmail.com](mailto: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](mailto: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](mailto: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](mailto: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_Posadas.htm)

[http://www.costalegre.ca/Melaque\\_Bungalows\\_MtoZ.htm](http://www.costalegre.ca/Melaque_Bungalows_MtoZ.htm)

[http://www.costalegre.ca/Melaque\\_Bungalows\\_MtoZ.htm](http://www.costalegre.ca/Melaque_Bungalows_MtoZ.htm)