

SOUTH OKANAGAN YOGA ACADEMY



Yoga Teacher Training Programs

A Registered School with Yoga Alliance



Registered Yoga School Registered Yoga School

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

February 9-23 (24)*, 2010

**Join us & deepen your understanding of Yoga.
Become a certified & 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 Vishnu-devananda (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 currently is studying Mantra Therapy and teaches Sivananda Yoga and Vinyasas incorporating Mudras and Mantra. www.yogaessentials.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

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 and Physiology (online course recommended), First Aid and CPR, 30 hours training with an Independent SOYA Faculty Member in your area. Please inquire for more information regarding these prerequisites. We will help you to fulfill them!

COST: \$2625.00 including gst 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.

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

Here are a few sites with numerous options for Accommodations (and tons of other information about Melaque)

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\$

<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

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"

Some suggested places near our home at #10 Primavera are below. All have hyperlinks in the names so you can see them for yourselves. Feel free to ask me questions!

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

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. Mexican tilework and colors. 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. \$42, \$57 (5/00). [Photo](#). *About 4 blocks away* English Spoken

[Casa Amatista](#) Located one block from the beach. Cable TV, wireless internet, kitchens, weekly maid service, garden, hammocks, beach towels, barbeques, bicycles, snorkel gear. 2-bedroom suites from \$200/week low season, \$275/week high season (2 persons). Email: Mike.Realty@gmail.com. (3/07) *About 4 blocks away*

[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 \$250US 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 15 rooms, 5 with kitchens. Shared Wifi cost available. Bicycle Rental. \$250 pesos per night. Weekly rates available. *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*

Flights: Flights are based on a 2 week stay. ** Note that flights out of Vancouver arrive and depart on Tuesday, whereas flights from Calgary arrive and depart on Wednesdays. The Teacher Training will be adjusted to accommodate these flights.*

Vancouver departure Feb 9th 7am - be there 3 hours prior (4am)
Manzanillo arrive 4:45pm Feb 9th

Manzanillo Departure Feb 23rd leave 5:45pm
Arrive Vancouver 9:05pm

Cost of Charter: 2 weeks \$749 plus tax of \$263 = \$1012.00
1 week is \$699 plus tax of \$263 = \$962.00

Direct Flights Air Transat out of Vancouver

*** note: accommodations in Vancouver are limited due to Olympics

Calgary departure: departure Feb 10th 6am
Manzanillo arrive 2:55pm Feb 10th

Manzanillo Departure February 24th 4:05pm
Arrive Calgary 8:05pm

Cost of Charter: 2 weeks \$899 plus tax of \$269 = \$1168.00
1 week is \$1049 plus tax of \$269 = \$1318.00

*** rates are subject to change

Got plenty of time? Check out flights to Puerto Vallarta and take a 4-5 hour comfy bus ride in an airconditioned bus through the coastal mountains to Melaque!

Contact to book Flights: Tammy Micalko of K. Banks Travel
206 Main St, Penticton, B.C. V2A 5B2
250 492-0726 1-800-659-1525 tammy@bankstravel.com