



Rejuvenate, Relax & Refresh with Us!

YOGA RETREAT

On Beautiful Isla Mujeres, Mexico

*Join your Solar Yoga family
for a week of yoga practice, meditation,
healthful cuisine, relaxation and fun!*



June 7 - 14, 2009

Na Balam is a refuge for the soul in the Mexican Caribbean on Isla Mujeres, a small island only 20 minutes from Cancun. It is a site chosen by nature to enjoy every sunrise in México. The Na Balam Hotel is located on the most magnificent beach in the Mexican Caribbean with tropical gardens and hammocks under beautiful palm trees and a lovely yoga room where we can practice in island beauty.

Schedule for your enjoyment:

Morning Meditation

Morning & Evening Yoga Sessions

3 Healthy, Delicious Meals Included

Each Day

Refresh with a Spa Service

Play on the beach, in the water

Many local activities:

Scuba diving

Snorkeling

Fishing, Swim with the Dolphins

relax, refresh, relax, refresh.....



Solar Yoga, 645 Tenacity Dr, Unit E, Longmont, CO 80504

Ask for more details at (303) 485-0490

solar-yoga.com

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On Beautiful Isla Mujeres, Mexico

Isla Mujeres is the perfect vacation spot - located only 20 minutes by boat from Cancun, the island is only 5 miles long and 1/2 mile wide. In the colorful downtown area, you will find interesting restaurants, gift shops and other activities that you can enjoy: Bicycle riding, scuba diving, snorkeling, kayaking, fishing, visiting the turtle farm, and swimming with the dolphins.

Accommodations – included: room, 3 meals daily (taxes and service included), all yoga classes, and meditation sessions **NOTE LOWER PRICES!!**

Beach Side Rooms

Single \$2,100
Double \$1,550
Triple \$1,400

Pool Side Rooms

Single \$2,000
Double \$1,500
Triple \$1,350

Families are welcome!

Kids under 12 are
free!!

Deposit required to reserve your spot: \$500 (non-refundable after May 1)

Set in the midst of lush gardens, all of the Na Balam's 33 rooms have one king sized or two queen sized beds, air conditioning and ceiling fans; terrace or balcony, in-room safety deposit boxes and 24 hours security protection. (Extra bed added for triple accommodations.)

Airline Reservations – There are many flights to Cancun, direct, non-stop from Denver. To book online, check www.sy-travel.net for competitive airfare and convenient flight schedules.

Shuttle/transport from Cancun Airport to the ferry and from the ferry to Na Balam hotel – we are making arrangements and will advise details.

Currency – Exchange US dollars into Mexico pesos at the airport currency exchange window or take cash from the Cancun Airport ATM machine for the most favorable exchange rates.

Yogis – Do you have a partner who you'd love to share this trip with but who is not into yoga? Our husbands are joining us on Isla Mujeres for this special week, and they will be enjoying many activities....fishing, snorkeling, relaxing, having fun...so bring your partner along, too.....there's plenty to do in addition to yoga!

