

Join Deborah Karish & Sharon Bard for
Yoga with Friends in Mexico
at beautiful Mar de Jade Resort

escape the Winter doldrums at this tropical paradise where
the jungle meets the sea – just an hour and a half north of Puerto Vallarta

Saturday February 25 – Saturday March 3 2012



This vacation yoga retreat includes:

Two daily yoga classes Give your mind, body and spirit a rejuvenating sojourn for the New Year in this serene setting.

Three meals per day Deliciously prepared healthy foods, including fresh local fish and produce.

Lodging Awaken to the sound of the surf. Choose from singles, doubles, 2-4 person guest houses, suites and master suites. All rooms are beautifully appointed and very comfortable. Rates vary with room size and occupancy.

Lots of free time It really is a vacation! Immerse yourself as your spirit beckons. Enjoy the beauty of Mexico as you hike, kayak, snorkel, horseback ride, surf, swim or lounge by the pool.

Sign up early-space is limited!

Call Deborah Karish at 707/431-0993
or email her at info@healdsburgyoga.com
to receive more detailed information
and reserve your place.



Check out this very special
oceanside eco-resort online at
mardejade.com

