



YOGA in CABO

with **Alice Rocky & Barbara Fabbri**

Join Alice and Barbara for a fun and rejuvenating retreat. Each day, enjoy two 2-hours all levels yoga classes – a deep and energetic one in the morning and a nurturing restorative one followed by pranayama in the evening. All yoga props will be available. The rooms are spacious and comfortable with stunning ocean views. The days can be spent on many fun activities (hiking, horseback riding, surfing, snorkeling, taking a sunset cruise, exploring the towns of Cabo and Todos Santos) or just relaxing by the pool and on the beach. Enjoy a break from the winter with a warmth filled yoga adventure!

When: March 13 – 20

Where: Prana del Mar (www.pranadelmar.com)

What's Included:

Accommodations, 3 vegetarian meals per day with fish option at some meals, transportation to and from Cabo airport, and all yoga classes.

What's not Included:

Airfare, alcoholic beverages, extra activities, excursions and bodywork treatments.

How Much:

\$1,400 for double occupancy

\$1,800 for single room (limited space available)

How and When to Pay:

Deposit: A non-refundable deposit of \$200 is required to hold your space.

First Payment: \$600 payment must be received by Jan 13, 2010.

Final Payment: \$600 payment must be received by March 1, 2010.

Cancellation Policy: No refunds after Jan 13, 2010 unless your space can be filled.

Give your check, payable to Alice Rocky, to Barbara or Alice or mail to:

Alice Rocky

3 Niven Way

Larkspur CA, 94939

Need more Info:

Barbara Fabbri: (415) 505-8809 barbarayoga@gmail.com

Alice Rocky: (415) 924-0187 jar191@sbcglobal.net