

EARLY SPRING REJUVENATION

WITH SCOTT DAVIS & PAT HARADA LINFOOT



BAJA, MEXICO
MARCH 20-27, 2010



Join Pat and Scott for an inspiring week of in-depth study and life enhancing rejuvenation.

This year we are very excited to announce the new location of our annual retreat: the stunning **Prana del Mar Retreat Center** in Baja, Mexico. Built in harmony with the raw beauty of the Pacific coast, amongst soaring mountains, healing ocean, and desert calm, this region is a natural oasis that deeply amplifies the effects of daily yoga practice. Through combining the eastern approach to a natural spring cleaning process with yogic practices that support rejuvenation, this retreat is an opportunity to restore, open, and affirm your body's innate radiant potential.



OCTOPUS GARDEN
yoga centre

416.515.8885

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Cost: \$1950 (includes all classes, accommodation based on double occupancy, meals, ground transportation, and taxes)



Deposit deadline for this retreat is Nov. 20th, 2009.