

Yoga in the Yucatan!

With
**Julie Stewart &
J. Michael Taylor
Again!**

Jan 19-26, 2019

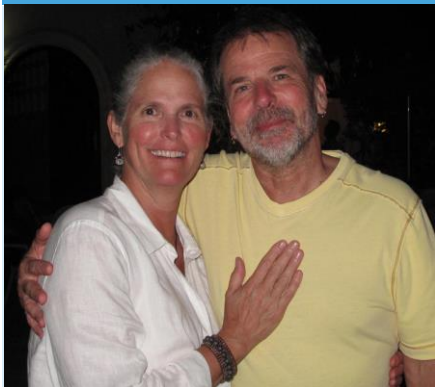
Villas Shanti, Puerto Morelos, Mexico
(30 min. south of Cancun)

~ Refresh, Deepen & Connect ~

Villas Shanti and the tranquil Yucatan shore is a perfect place for a restful yoga getaway. Julie and Michael are teaming up to create an experience for you to deepen your yoga practice, connect with yourself and others or simply recharge. The energy here offers space and a natural environment essential for self-care and rejuvenation. Julie and

Michael bring teaching experience and a light-hearted joy to the practice. All levels are welcome.

Enjoy two yoga classes daily,



Lombard, IL brings a balanced and nurturing practice that uses her deep knowledge of Ayurveda, Asana, Pranayama, Meditation & Stillness

J. Michael Taylor is a Certified Iyengar Yoga instructor with 25 years teaching experience. While guiding you using mindful and precise alignment principles, he brings a lightness and joy to the practice.



Daily Offerings

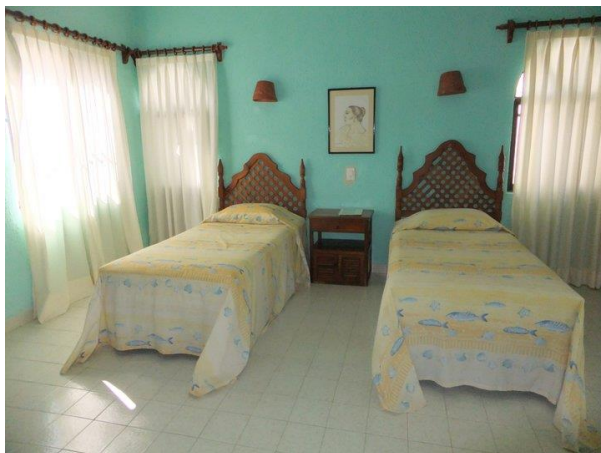
7:00 am Meditation
8:30 am Asana Practice
11:00 am Brunch
4:30 pm Restorative Practice

Afternoons are open to relax, swim, or explore - all within walking distance. Excursions are also available.

Group dinners are included for 2 evenings

Villas Shanti Resort is a yoga-friendly retreat center just a 15-minute walk to Puerto Morelos, a peaceful fishing village. Here you will find the relaxed life for which the tropics is famous. There are restaurants, snorkeling, shops & a marketplace with fresh, local produce.

Villas Shanti offers comfortable apartments with kitchen, bath, and a locking pantry. Bottled water and daily maid service are provided. Each apartment overlooks the tiled courtyard and pool, surrounded by hibiscus and bougainvillea. The beach is just across the road.



Retreat Costs - \$1475 double occupancy
Single occupancy available upon request

- All classes,
- 7 nights accommodations plus 19% tax,
- Daily Brunches,
- Welcome dinner and Farewell dinner

Not included:

- Airfare
- Airport transfers (*will be around \$60 per person. Costs can be shared with other yogis*)
- Meals not mentioned above

Register soon! Spaces are limited. \$400 deposit reserves your space. Register before December 1 And save \$100 off the cost.

To register or inquire, please contact:

Julie Stewart – 630/330-9461
jstew85617@yahoo.com

or

Michael Taylor – 630/294-7439
taylorjmike@hotmail.com