

# Yoga Vacation in Mexico

February 20 - February 27, 2016

Villas Shanti Resort, Puerto Morelos

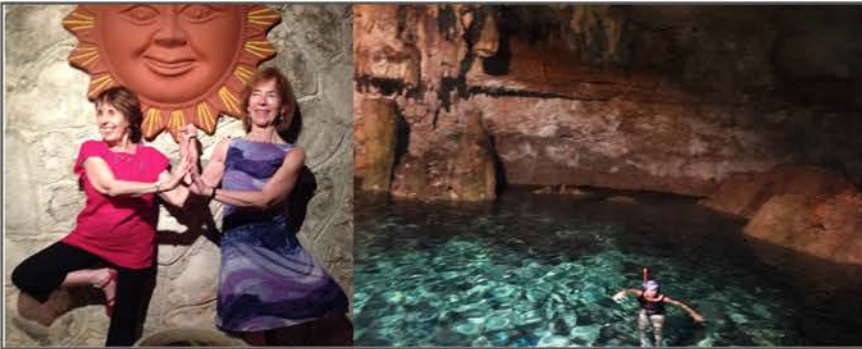
with Rachel Gluckstein, RN  
and Ani Nadler Grosser, LICSW

*Rejuvenate body, mind and Spirit  
on the sparkling shores of the Caribbean.*



**About the leaders:** This is the 23rd year that Ani and Rachel have been co-leading yoga retreats in the US, Mexico and Costa Rica. The classes draw from their integration of Kripalu and Iyengar yoga and many years' study of sacred wisdom.

Two daily yoga classes are held in a spacious screened yoga room, surrounded by palm trees. Morning classes include postures, breathing practices and meditation. Afternoon classes feature Restorative Yoga and Deep Relaxation. All yoga props are provided. Open to women and men at all levels of experience.



Plenty of time to relax by the pool, walk the white sand beaches and visit the charming village. Snorkeling and excursions to Mayan ruins can be arranged at extra cost, as can massage and other healing services.

An authentic Mexican dinner is held the night of your arrival and another on the following Friday prior to departure. A delicious brunch is served poolside after each morning's yoga class.

Puerto Morelos is located 1/2 hour from Cancun. It is a peaceful fishing village, far removed from the hustle and bustle of city life. The resort is quiet, secure and private. The beach is across the street with a fabulous reef for snorkeling.

**Cost: \$1375 before December 1, 2015; \$1675 after December 1, 2015**

**Included: Double room with private bath and kitchenette, 7 nights lodging, 2 daily yoga classes, sumptuous daily brunch and two catered meals by the pool, bottled water and daily maid service.**

Add \$569 for a single room. Small markets nearby offer tropical fruit and vegetables for those who like to cook. Or you can stroll into town for dinner and sample the excellent local cuisine. Make your own travel arrangements to fly into Cancun.

**SAVE \$300 by registering early! A \$300 deposit will hold you space.** Balance of \$1075 (double) or \$1534 (single) is due by December 1, 2015. Full fee applies after December 1, 2015. Shuttle service by car and taxi is easily available from the airport and costs between \$30-\$50.

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I want to room with \_\_\_\_\_

Please send fee to: Rachel Gluckstein, 77-03 167 Street, Hillcrest, NY 11366

More details are posted on the Villas Shanti website: VillasShanti.com

Please feel free to contact us if you have any questions:

Rachel: 718-380-2261, Rachelyoga@aol.com Ani: 413-637-2868, anigrosser@earthlink.net