



JOURNEYING TOWARD WHOLENESS WITH JULIE RUSSELL

YOGA RETREAT IN PÁTZCUARO, MEXICO
MARCH 6-9, 2012

Come and join us in this historic and beautiful setting for four days of stretching your body and mind. Pátzcuaro, Mexico, situated on a picturesque volcanic lake in the central highlands of Mexico, has been named one of Mexico's pueblos magicos, which means this lovely and historic town exemplifies the best in living heritage and culture.

The eco-friendly **POSADA YOLIHUANI** offers tranquil and beautiful lodgings in the historic district. March weather brings sunny days and cool nights. Experience the joys of small-town living by walking everywhere. Sample local restaurants, the daily fruit and vegetable market, and a variety of artisan shops during long mid-day breaks. For moderate additional cost, Posada Yolihuani can arrange a customized excursion to one or more nearby artisan villages. [HTTP://WWW.POSADA-YOLIHUANI.COM/ENGLISH.HTML](http://www.posada-yolihuani.com/english.html)

Instructor Julie Russell is an artist and an accomplished yoga teacher who carefully nurtures each student. For full enjoyment of this very special opportunity, some yoga experience and moderate fitness level required. Participants should bring their own yoga mats. Julie will include daily early morning T'ai Chi and meditation sessions as part of the workshop schedule. For an additional fee, Julie will offer individualized Breema treatments on Tuesday and Thursday afternoons. To learn more about Julie: [HTTP://WWW.JULIERUSSELL.ORG](http://www.julierussell.org)

SCHEDULE

ARRIVE MONDAY MARCH 5, 2012

WELCOME RECEPTION/LIGHT SUPPER 5-6:30 PM

(OPTIONAL CINE LUNES MOVIE NIGHT, 7 PM, POSADA YOLIHUANI)

WORKSHOPS: TUESDAY – FRIDAY, MARCH 6-9, 2012

(7:30-8:30 AM OPTIONAL T'AI CHI OR MEDITATION)

BREAKFAST 9 AM

MORNING YOGA 10-11:30 AM

(LUNCH/SHOPPING/SIESTA ON YOUR OWN)

AFTERNOON YOGA 5-6:30 PM

(EVENINGS FREE FOR DINNER IN TOWN OR ON YOUR OWN)

OPTIONAL EXCURSIONS, OR AT LEISURE: SATURDAY, MARCH 10

DEPART SUNDAY, MARCH 11, 2012

For more information, please contact:
Susan W. Knowles, Nashville, Tennessee
knowlesaftel@mindspring.com 615-297-1069

COSTS

\$250 four-day yoga workshop & welcome reception (Minimum 8 students)

Workshop and lodging package

\$650 for private room

\$450 for shared double

\$400-420 for shared triple or quad

Package includes yoga workshop and welcome reception, six nights lodging at Posada Yolihuani, breakfasts daily (room rate may vary slightly according to exchange rate).

Breakfast includes fresh fruit, yogurt, granola or muesli, honey, whole wheat bread, jam, natural juice, tea or coffee. Special dietary needs can be accommodated.

Special room rates may be extended for anyone wishing to come early or stay after workshop:

Room rates for 1-2 persons: 1 King or Queen bed w/ private bathroom: \$67, local tax and breakfast included.

Room rates for 3-4 persons: 2 Queen beds w/ private bathroom: \$84, local tax and breakfast included.

Rental of the main hall is included in package cost. The sunny garden will be available for meditation, T'ai Chi, other practices. Self-service herbal teas will be offered in the daytime.

Airfare

Roundtrip airfare and airport transportation not included. Private taxi service can be arranged for \$50 per person from Morelia, \$100 per person from Leon/Guanajuato.

Best air travel options

Morelia (1 hr): Continental/United Airlines, American Airlines, Volaris/Southwest & taxi
Leon/Guanajuato (3 hrs): American Airlines & taxi

Guadalajara (3.5 hrs): multiple airlines & bus
Mexico City (4.5 hrs): multiple airlines & bus

Optional/Complementary services

At a reasonable extra cost, Posada Yolihuani can organize special meals for the group with a fusion of Mexican and French cooking. They would be happy to offer guidance and orientation to the area or to arrange excursions to visit the area, pyramids, old colonial churches and some artisans working in ceramic, masks, wood etc. to make your journey more interesting.

Prices are in US dollars based on exchange rate of 12 pesos = 1 dollar.