

# Retreat to Maya Tulum Mexico



"If it doesn't change your life  
it isn't yoga."  
-- Armit Desai

"Let the beauty  
of what you love,  
be what you do."  
-- Rumi



## Enjoy a Yoga Retreat Adventure at Maya Tulum in Mexico September 29 to October 6, 2007 with Keith Fox & Kelly Brookbank

Call 888-515-4580 to Book Your Spot

50% Due with Reservation—Remainder upon Arrival

### Keith Fox

RYT 500 Vinyasa Yoga Instructor  
561-703-1236  
yogafox@adelphia.net  
www.ColonyYoga.com



### Kelly Brookbank

Certified AtmaYoga Instructor  
704-756-9245  
Kelly@moonbeamyoga.com  
www.PeacefulYogaRetreats.com

#### Prices per person

#### Double Occupancy

#### Single Occupancy

Garden (Garden View Cabana)	\$1,290	\$1,585
Ocean (Garden Cabana with Ocean View)	\$1,325	\$1,655
Beach Front (Cabanas on the Beach)	\$1,430	\$1,865

#### Price includes:

**Accommodations** Beautiful thatched-roof cabanas with sitting area & tiled shower.

**Food** 3 gourmet meals each day served buffet style with vegetarian and fresh seafood fare

**Yoga** Twice each day with Keith & Kelly. Enjoy a wonderful daily combination of one energizing Vinyasa-flow class and one Kripalu-influenced class to include breathing and meditation practices.

#### Other offerings:

- Outings including biking, snorkeling, and tours of Mayan Ruins are available each day.
- Wonderful spa treatments at Maya Tulum such as various Massage Techniques, Hot Stones Therapy, Reflexology, Wraps, Facials, Manicures, and Pedicures
  - Relax & Enjoy the Beautiful Beach at the Maya Tulum Resort

Please book your airfare into Cancun airport. The shuttle is 90 minutes to Maya Tulum and we will coordinate shuttle times based on everyone's flight times.

Visit [www.mayatulum.com](http://www.mayatulum.com) for more details on the beautiful retreat.

We will see you there !

Namaste