

Touch The Earth ~ Touch The Sky

A Yoga Retreat with Dorinda Nyberg & Debbie Gilman

April 9-16, 2016



We go on retreat to get away and unplug. We use the time to reconnect to who we are and what is important to us. We explore a new place, see things through new eyes, transform our perspective, reach out to new acquaintances, and go inside to rediscover what we love and why. The yoga we practice creates the foundation from which we courageously explore. While on retreat we are given the gift of spaciousness to surrender wholeheartedly and to have a bit of fun.

Debbie and Dorinda have found an exquisite, glowing place where sky and earth meet at the water's edge. Together we are envisioning an experience that allows us to root down into the ground in order to find the buoyant rebound energy that can sail upward and expand the yoga inside us.

Registration Opens February 3, 2015

Haramara Resort ~ Stunning Eco-Luxury Resort on the Beach

An exclusive, intimate and secluded seaside retreat offering sanctuary for one's mind and body in sensual tropical harmony. Haramara offers serenity, seclusion and security to ensure relaxing and renewing yoga retreat experience. Located on 12 acres of private land between the Sierra Madre Mountains and the Pacific Ocean, it overlooks the rugged coast and its own pristine beach.





Every en-suite room is open-air and has a view to the sea. Enjoy **delicious vegetarian gourmet meals served on the terrace with spectacular views overlooking the jungle and ocean.** Meals are prepared with fresh local ingredients with an eye to beauty.

Two beautiful open air yoga shalas with ample space and props. An infinity pool overlooking the Pacific where one can let

their troubles melt away. Optional excursions including **sunset sailing, surfing, kayaking, paddle boarding, hiking, zip lining, horseback riding, whale watching, snorkeling, sailing** excursion and more are available. Spa services such as massage, manicures, facials, and reflexology are offered.

Located a short 45 minutes north of the airport in Puerto Vallarta via private coach, within walking distance of the quaint and exclusive town of Sayulita, in a spectacular Pacific coastal region known as Riviera Nayarit, Mexico. You will need a passport to travel to Puerto Vallarta from the US.

Weather in April can be in the upper 70's to mid 80's ~ **at night an ocean breeze brings in cool air making for pleasant sleeping conditions.**



From the moment you arrive to the moment you leave, you will be cared for and pampered.

Old-world Sayulita, Mexico

Sayulita is a 30-minute walk or a short taxi ride from the Haramara Resort, a picturesque fishing village nestled in a gentle palm tree-lined bay. It offers visitors incredible beaches, lush jungles and a taste of rural Mexico in a safe environment. With cobblestone streets hosting dogs, chickens and playing children, **Sayulita is a half-century away from the rest of the world.** Sayulita's cultural blend of beaches, shops, restaurants, activities and smiling people makes the village the perfect destination for an "off-the-beaten-path" retreat. This pueblo is slowly gaining popularity as a destination with plenty of North Americans and Europeans.

Yoga Classes with Debbie and Dorinda

We will offer **twice daily practices in spectacular open-air yoga shalas** ~ exploring Iyengar style yoga, yoga history & philosophy, mindful pranayama, and meditation.





Debbie Gilman M.A., RYT 500, has been studying yoga for 20 years and teaches throughout the Bay Area. She is on the faculty of the teacher training programs at The Yoga Room in Berkeley and at Downtown Yoga in Pleasanton. Debbie has a BA from Stanford and an MA from Harvard. **Dorinda Nyberg** RYT 500, has been studying yoga for over 17 years. She is the Administrator of The Yoga Room's Advanced Studies Program. Both Dorinda and Debbie are 500-hour certified teachers by The Yoga Room's Advanced Studies Program.

Yoga Retreat Includes

- 7-nights at the stunning oceanfront eco-luxury Haramara Resort
- 3 meals daily of fresh farm-to-table vegetarian cuisine
- 2 daily Iyengar style yoga practices with Debbie Gilman and Dorinda Nyberg
- Add-on spa services available with highly trained massage therapists and spa technicians
- Add-on excursions: Get out on the water with a whale-watching, snorkeling, or surfing excursion and get into the jungle with a horseback riding, zip line canopy, crocodile refuge or ancient petroglyph tour

Not Included

- Airfare to Puerto Vallarta
- Airport transfer to Haramara Resort (approx. \$25 round-trip)
- Spa services
- Optional excursions such as whale watching, surfing lessons, horseback riding
- Gratuities

Price

- \$1,150 - \$2,600 depending on your accommodations and when you register
 - Dormitory, Triple, Double and Single accommodations available on a first come first served basis
 - Discount offered for early bird registration
- \$250 deposit will hold your spot ~ Registration opens February 3, 2015
- Cancellation policy applies

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To receive advance information and details join our “Insider List” – no obligation. To join, email us at dorinda.nyberg@me.com

