

AcroYoga & Anusara

Yoga Retreat

January 6 - 13, 2010

Jenny & Jason co-founders of AcroYoga



Certified Anusara Yoga Instructor

BJ Galvan



BAILANDO EN LAS ALAS DE GRACIA ~ DANCING ON THE WINGS OF GRACE

Mancora, Peru

Celebrate the new year with the first ever Anusara® yoga and AcroYoga retreat at the gorgeous ocean front, Peruvian retreat center, Samana Chakra. The Universal Principles of Alignment™ will take flight with solo, group and partner work. Make new friends and rejoice in a community of the heart with daily sessions of partner flying, acrobatics, asana and Thai massage in paradise by the beach. Classes will be bi-lingual and lead by Certified Anusara teacher BJ Galvan and AcroYoga co-founders Jason & Jenny. We are honored and excited to bring many cultures and yoga traditions together to bring in the new year.



WWW.ACROYOGA.ORG - REGISTER
www.samanachakra.com - VENUE INFO
www.acroyoga.org - JASON & JENNY BIO
www.bjgalvan.com - BJ BIO
www.anusara.com - ANUSARA INFO

\$1750 - \$2100 Per Person

Prices include lodging, 3 vegetarian meals a day, and all bi-lingual classes for 7 night and 8 days.

Sample Schedule:

8-9 Optional Meditation

9-10 Breakfast

10-12 Anusara practice

12-1 Lunch

1-4 Break

4-6:30 AcroYoga practice

6:30- 8 Dinner

8-10 Open Jam & Deep Play