



# Yoga in Mexico

with Barbara & Todd

February 21 - March 1, 2009

Escape the winter blahs. Enjoy 6 days of Yoga with Barbara Fergusson and Todd Jackson in sunny Zihuatanejo. There will be 4 hours of instruction each day: One session in the morning and another in the afternoon. The morning session features a more invigorating asana practice while the afternoon session is devoted to more soothing asanas, pranayama and meditation. Classes are presented with options for both beginner and intermediate students so that everyone can participate in the way which is best suited to them.

Zihuatanejo is a charming little town on the Pacific coast about 80 miles north of Acapulco.

We will stay at the classic Hotel Sotavento, right on Playa La Ropa, a lovely beach on a quiet bay. Each room has a terrace with chaise lounges, and most have hammocks as well. The sea breezes keep the rooms pleasantly cool for sleeping. Besides lounging on the beach and eating at the many excellent restaurants, you can entertain yourself with many activities: snorkeling, parasailing, scuba diving, deep sea fishing, bird-watching, kayaking, a massage on the beach, or a quiet walk into town. For the adventurous, there are local towns, churches and archaeological sites to explore.

The workshop fee is \$450. This includes Yoga Instruction only. We have arranged for a block of rooms at the Sotavento. <http://www.beachresortsootavento.com/> Room rates are from \$70 to \$185, double occupancy. Alaska Airlines flies direct from Los Angeles to Ixtapa/Zihuatanejo Airport. You are responsible for making your own airplane and room reservations.

A non-refundable deposit of \$100 holds your place. The balance is due September 15, 2008. If you cancel before December 1, you will be refunded less your deposit. Workshop size is limited; register early!

## Registration

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Day phone (\_\_\_\_) \_\_\_\_\_  
Evening phone (\_\_\_\_) \_\_\_\_\_

To register, make your check payable to Barbara Fergusson Yoga. A \$100 non-refundable deposit reserves your space. The total of \$450 is due by September 15, 2008. Mail to:

Portland Yoga Arts  
Attn: Barbara Fergusson  
4400 NE Glisan  
Portland, OR 97213