

Remove yourself from your daily life and invigorate the connection to your inner life.

"DISCONNECT TO CONNECT"

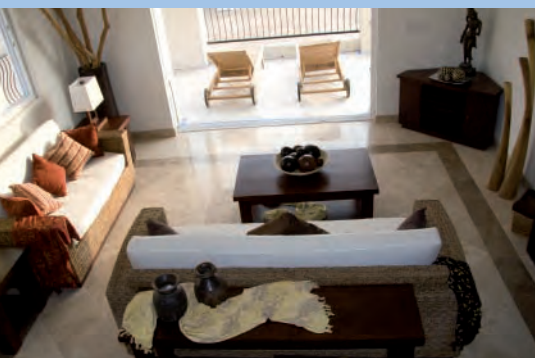
...A JOURNEY WITHIN.

Join **Generations Yoga Center** and **Megan Dunne** for a week-long

WINTER RETREAT

to the luxurious Eco Retreat Center, Prana del Mar ~ in Baja, Mexico. Built in harmony with the raw beauty of the Pacific Coast, amongst soaring mountains, healing ocean and desert calm, this region is a natural oasis that deeply amplifies the effects of daily yoga practice.

JAN 21ST - JAN 28TH, 2012



www.pranadelmar.com

- Enjoy twice daily yoga classes.
- Explore the power of pranayama & meditation
- Indulge in organic meals inspired by the abundant local organic produce
- Commune with other like minded souls in a relaxed atmosphere that will cultivate new friendships

Retreat Includes:

- 7 nights accommodation at the new luxurious Retreat Center ~ Prana del Mar
- Three Organic Feasts/day + snacks
- Ground transportation on January 21st and 28th

Prana del Mar is located at the beach on 5 beautiful acres near the southern tip of the Baja peninsula. With the mountains to the east, the Pacific to the west and the desert all around, it is comfortably nestled in the tranquil valley that provides an ideal setting for rest, relaxation, rejuvenation, and exploration. With 15 spacious and luxurious guest rooms and suites, delicious cuisine, a spa with swimming pool and Jacuzzi and a spacious yoga studio, you will enjoy a wonderful respite from your daily routine. Some rooms have two beds; many with separate sitting/living areas making it easy and attractive to share a room with a friend. *We will help you find a roommate if desired!* Visit the Prana del Mar website for further details: www.pranadelmar.com

THIS REJUVENATING RETREAT WILL FEED YOUR BODY, MIND AND SPIRIT!

Options available to Enhance your Retreat:

- Massage & Spa Treatments
- Surf Lessons & Board Rental
- Horseback Riding on the Beach
- Whale Watching
- Snorkeling in Cabo Bay
- Shopping trip to Todos Santos

Package Price:

- Double Occupancy: \$2,150
- Single Occupancy: \$3,100*

* Only a very limited number of single spaces available.

Space is limited! Reserve your spot early!

- Early Registration Discount: Save \$100 when your \$500 non-refundable deposit is received by July 31st.



Location:

Prana del Mar is located near the southern tip of Baja, Mexico, less than a half hour up the Pacific coast from Cabo San Lucas. The closest town, Todos Santos, a forty minute drive, is a charming artist community with art galleries, cafes and shops filled with authentic Mexican treasures. Day trips and guided tours can be arranged.

Getting There:

Flights should be made to San Jose ~ airport code SJD Please forward your flight itinerary so that we can coordinate airport transfers.

CURRENT PASSPORT IS REQUIRED!

Please contact your airline or passport office.

Food:

Creative, nourishing meals with a focus on organic produce will be prepared by the staff at Prana del Mar. Daily breakfast, lunch and dinner will be included with fruit available throughout the day. Most meals will be vegetarian with fresh fish and seafood served occasionally throughout the week. Alcoholic beverages are available for purchase.

This is the best New Year's gift my wife and I have ever given ourselves. The high quality of the Prana del Mar resort, the incredibly delicious food, and the incomparable yoga teaching of Megan Dunne made this the greatest value anyone can hope for in a retreat+holiday.

R. Joesph

This was one of the best trips of our lives.

C. Pope

Accomodations were above all my expectations, as was the food they served and the services...Megan is so super and supportive. She was wonderful and breathtaking to watch. Its a real privledge to be taught by someone that skilled.

J. Matsumoto



Megan Dunne:

A student of yoga for 16 years and a teacher for 11, Megan has had the honor of studying with a variety of international master teachers, all of whom have contributed to her comprehensive style of teaching: Physically balancing a blend of longer holds with a fun, flowing sequence; Energetically balancing the doing – the action and intention in each pose, with the allowing – the surrender and acceptance in each pose. She has learned through studying different styles of yoga that while approaches may vary, the intention is the same – to provide the practitioner with a tool to become more conscious, free and loving in spirit, and joyful in life!

