

**ENERGETIC VINYASA FLOW TM YOGA & SURF RETREAT:
EMPOWER AND REJUVENATE YOURSELF IN MEXICO
With ISABELLE Du SOLEIL
Sunday, December 27, 2009 - January 3, 2010**

You are invited to a transformative journey: 7 days of Yoga, surfing and total relaxation in paradise - where the mountains and the desert meet the sea.

Prana Del Mar is an exceptional deluxe beachfront retreat and wellness center located at the Southern tip of Baja, Mexico, one hour from Cabo San Lucas.

You will experience and connect with nature's five elements - exploring the seven chakras in our daily Energetic Vinyasa Flow TM Yoga, meditations and field adventures.

Imagine:

- Deepening your Yoga & Meditation
- Celebrating the New Year dancing under the stars
- Surfing in the Pacific Ocean
- Swimming in the sea or the pool
- Soaking in the hot tub
- Horseback riding on the beach
- Watching the whales
- Taking long, restful naps
- Receiving deep healing massages
- Sharing laughter, delicious fresh food and making new friends
- Simply drinking in the beauty and tranquility of the desert

About the Facilitator

A student of Yoga since age 13, Isabelle brings over 20 years of teaching and expertise including Prana Vinyasa Flow, Tantra Yoga, Modern Dance, Biology and Energy Healing. Born in Paris, France, she now lives in Los Angeles. Isabelle is a warm, passionate and vibrant teacher teaching **privately** to some Los Angeles well-known people as well as in prestigious studios such as **YogaWorks, UCLA, Yogaglo, and Exhale Center for Sacred Movement**. She received the "outstanding UCLA Yoga Teacher " award by UCLA. She has also developed **Health and Wellness Yoga programs**.



Isabelle created "**Energetic Vinyasa Flow TM**" — a fluid and powerful Yoga flow cultivating mindfulness, alignment and core strength energy, linking breath to movement. Her classes are centering, energizing and empowering. You will develop inner balance, a clear sharp mind and a radiant body. The Energetic Vinyasa Flow TM is a

transformational practice where Tantra meets vinyasa flow Yoga. It integrates breath, energy and meditation into the Yoga flow.

Recognized for her unique integrative approach, Isabelle is an Experienced Yoga Teacher and Teacher Trainer (ERYT 500) with the **Yoga Alliance**. She also holds a **YogaWorks certification**. She is inspired by the teachings of Rod Stryker, Shiva Rea and May Kazan.

Accommodations:



Spacious and Luxurious guest rooms and suites - each with its own balcony or terrace overlooking the ocean and the gardens. All rooms have travertine floors and bathrooms, pillow-top mattresses with quality linens and beautiful teak furniture.

Contact & Registration

Name: Isabelle Du Soleil

Phone: 310-390-5250

Email: isabelle@isabelledusoleil.com

Web: www.isabelledusoleil.com

Registration: <http://www.isabelledusoleil.com/index.php/yoga/retreats>

Workshop Fees

Cost per person does include: 7 days & 7 nights accommodations, 3 fresh and delicious meals per day, 2-3 Yoga classes per day, ground transportation to/from airport to retreat center and use of swimming pool and hot tub.

Fees per person:	Double Occupancy	Single Occupancy
Early Bird Rate	\$1550	\$1950
Full Rate	\$1650	\$2050
Extended Payment	\$584 X 3 payments	\$717 X 3 payments
Deposit	50% of total amount	50% of total amount

Easy Extended Payment Plan offered with 3 payments due by December 13, 2009

Reservation and Cancellation Policies:

- **Reservation Deposit:** 50% of total amount is required to hold your space (including \$500 non-refundable and non-transferable deposit).

- **Early bird rate:** \$100 discount off total cost, applies if full payment is received by November 7, 2009.

- **Full rate payment** is due 6 weeks prior to the retreat by November 15, 2009.

- Your room and deposit will be forfeited if we do not receive payments by due dates: early bird rate by November 7, 2009 and full rate by November 15, 2009.

- Cancellation Policy:

Reservation of your space with 50% of total amount including \$500 non-refundable and non-transferable deposit.

In the event of cancellation:

- *61 days or more* prior to the retreat: Your entire payment will be refunded , less \$500 deposit plus a \$50 administration fee

- *60 days or less* prior to the retreat: Payments are not refundable

Cost does NOT include:

- Flight to San Jose Del Cabo (SJD) in Mexico

- Meals away from the retreat center

- Surfing Equipment and lessons

- Optional afternoon field adventures such as whale watching, beach horseback riding

- Healing massages

Transportation:

The closest airport to Prana Del Mar Retreat Center is **San Jose Del Cabo (SJD) in Mexico.**

A shuttle will pick you up and take you back to the airport which is about 1 hour from Prana Del Mar retreat center. **Ground transportation to and from airport to retreat center is included with your total retreat cost.**