

# YOGA & SURF

WITH ANNA CARBONELL & KIRTAN SMITH

SAYULITA, MEXICO

APRIL 11-17.2010



*Via Yoga invites you*

to escape the hectic pace of everyday life.

**Relax. Hear yourself think. Challenge your body.**

**And soak up some well-deserved Mexican sunshine.**

Choose between a combination of Yoga & Surfing or focus solely on Yoga. Between your daily lessons, you'll have plenty of leisure time to relax on the beach and explore colorful Sayulita—a tiny beach hamlet with charming restaurants, shops and galleries, located just 45 minutes outside Puerto Vallarta.

## Your experience will include:

- Two 90-minute classes each day
- Daily one-hour surf lesson (optional)
- Six nights accommodations at Villa Amor, in a stunning open-aired oceanfront villa
- Daily maid service
- Daily breakfast and three group dinners at Villa Amor and local restaurants
- A one-hour massage
- A day trip to Punta Mita for surfing/ snorkeling weather permitting (lunch included)
- Roundtrip airport transfers from Puerto Vallarta International Airport
- Further details can be explored at: [www.viayoga.com](http://www.viayoga.com)



### Anna Carbonell and Kirtan Smith

Guests will start each morning with a strong Vinyasa flow class following a morning meditation session, taught by Kirtan in our fabulous open-aired yoga studio. These classes will infuse you with fluidity and confidence preparing you for your surf lessons under the expert guidance of our local Via Yoga surf instructors. Evening classes taught by Anna will be a Yin + Restorative theme, focusing on the lower part of the body and shoulder openers; a perfect way to end the day after surfing each afternoon. Anna and Kirtan have been co-teaching together for years and have found a unique balance that incorporates love, warmth, and compassion in the fluidity of the asanas and serenity of the Yin postures.

**CONTACT US TODAY FOR DETAILS AND RATES:**

**800.603.9642 [www.viayoga.com](http://www.viayoga.com)**

