

Body Work *Yoga in Mexico* 2010 Information...

If you wish to complement your yoga with body work, and of course it would be a big treat to do so, here is a list of practitioners that we know and have experienced. Their contact info is included so that you may pre-schedule your sessions prior to arriving in Mexico. These particular folks are popular and can fill quickly, not only from our retreat but from local people as well. So if you would like to be assured a session, it's good to schedule with any of these people before your departure. (Jean Loew (our host) has the fewest spots available and in particular will fill quickly)

To help you plan your bodywork around the yoga, our schedule for yoga is 9-12N and 5-6:30P daily except Wednesday when we will meet for yoga earlier in the morning and have the rest of the day free for excursions or leisure of choice. If you need to arrive a little late or leave a little early from a yoga session in order to accommodate your appointment, no problem.

1. Jean Loew (our host): wonderful Zen Shiatsu sessions, relaxing and informative,
email Jean or Jack: vshanti@prodigy.net.mx

2. Fernando Mendoza: "*Welcome Home Massage*", intuitive Swedish and Mindfulness Base massage, meditative and contemplative, very relaxing, a soulful, deeply caring body practitioner email: fernandomendoza52@hotmail.com

3. Martina: a variety of Massage, Body, & Esthetic treatments, in your room or her oasis, a multi-talented, enthusiastic, gifted practitioner email: artinasoasis@hotmail.com
web-site: <<<http://www.martinasoasis.com>>>

4. Mauro Jaramillo: integrating Therapeutic body work into your yoga practice for preventative and pre-existing conditions, his work is deep and effective, a highly experienced, trained, intuitive practitioner discounts offered for group bookings of 4 + person email: ginny@yahoo.com or mjpoweroftouch@yahoo.com
web-site: <<<http://www.thyselfbehealed.com>>>

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