

I would like to invite all of you who have shown interest
and all of you who do not know about this yet,
the opportunity to enjoy

Yoga in Mexico this Winter

... to rest, renew, and heal your body mind & spirit

March 5-12, 2011

Experience Yoga in the Unhurried Environment of The Mexican Caribbean...

with other fantastically interesting people at Villas Shanti, a private retreat center located in the quiet, friendly village of Puerto Morelos, on the coast of the Yucatan Peninsula. Daily yoga classes are held outdoors in a large, thatched roof palapa, the weaving of which is a meditation in itself. We luxuriate in longer morning classes and regroup for restorative asana, breath, and meditation for 1½ hours in the evening before dinner. Wednesday is different – we'll have an earlier and shorter rockin' class to energize ourselves for a free day indulging in your choice of adventure, whether active or quiet.

The Villas Shanti Retreat Center

is located 100 meters from the beach and a 20 minute stroll from the center of town. The rooms are situated around a colorful courtyard with a central pool which is heaven to dip into or float in with a book or cool drink. Amenities include modern air conditioned rooms with kitchenettes, private outdoor space, daily maid service, and bottled water.
<http://www.villasshanti.com/>

When not in class there will be plenty of time to...

- Explore the nature and culture of the area... jungle, Mayan ruins, floating in the Mayan dug fresh water canals, snorkeling, swimming in fresh water "cenotes"
- Walk into town for a cool drink, dining, shopping, and practicing your Spanish.
- Stroll the endless beach, snorkel, or rest in the shade of the palm trees.
- Relax in or beside the pool of the courtyard... swaying in a hammock, unwinding, reading, or daydreaming.

the Yoga... with Molly

is unhurried, internal, creative, exploratory, fun, deep, light, free, & yes, sensual in nature. As the relaxed atmosphere of the Mayan Yucatan permeates the class we naturally begin to slowwwww down to more fully honor and listen to the body. As our overworked bodies and brains rest, we drop more into the sensing & feeling realms of yoga and relax needs we might have around performing technically perfect poses. Then the magic slowly happens. and this is heavenly to feel... as the body and spirit begin to gratefully respond by allowing our breath, movement, and poses to unfold more fluidly and naturally from within.

Throughout the years I have been enriched and inspired by many wonderful teachers, friends, & students. Many years of teacher trainings in the Iyengar system gradually flowed into many years of the organically inspired teachings of Angela Farmer & Victor vanKooten who remain my primary teachers and close friends. These experiences, together with those of my own throughout my practice since college, and my classes since 1996, combine in continually evolving ways that come through my teaching.

This is the 9th year! Each one has been unique with an exciting life of it's own and I'm so looking forward to what this year has in store. I hope you can be a part of it! ...
By giving yourself a break from the daily demands of your life to come rest, relax and renew between the jungle and the turquoise waters of the Mayan Riviera....
experience the gift of where yoga can take you in this magical land!!



Workshop Costs

**\$1850 per person
Single Occupancy**

**\$1425 per person
Double Occupancy**

for your accommodations (fees & taxes included), opening & closing night dinners, 4 1/2 hours of daily yoga, daily brunch, and use of the courtyard pool, retreat center and yoga facilities. air fares & transfers are not included

To register and reserve your space please send your completed form and a non-refundable deposit by Jan 5th, 2011:

\$850 per person single occupancy

\$425 per person double occupancy

Please make your check out to Molly Drake and mail to:

Blue Saturation
707 Bolin Creek Dr.
Carrboro, NC 27510

balance of \$1000 is due by Feb 5th, 2011

for more info, photos etc. please go to

<http://www.facebook.com/pages/Yoga-with-Molly-in-Mexico/170513372980352?v=wall>

and

<http://www.bluesaturation.com/Workshops.htm>

and

for questions, please get in touch anytime:

Molly Drake bluesaturation@mindspring.com - 919/967-5416 or 919/619-8148

****See next page for Registration Form****

Registration Form

Yoga in México

March 5 - 12, 2011

Personal Information:

Name:

Address:

Phone:

Cell Phone:

E-mail:

Room Preference:

Single:

Double:

Room Mate:

Dietary Restrictions:

Flight information:

Airline:

Flight Number:

Date & Time of Arrival
in Cancun:

To register please send completed form and non-refundable deposit by January 5th 2011

\$425 per person for Double Occupancy

\$850 per person for Single Occupancy

*balance of \$1000 is due by February 5th, 2011

Make checks payable to Molly Drake

Mail to :

Blue Saturation

707 Bolin Creek Drive

Carrboro, NC 27510

www.bluesaturation.com