

The Mid-Winter Dream Retreat at Troncones, Mexico

with Kathy Vanderselt and Emmet Schmelig

January 21-January 28, 2012



Join us for an incredible week-long trip to Present Moment Conscious Living Center in Mexico.

We will stay at the beautiful **Present Moment Conscious Living Center**, a naturally peaceful meditative retreat with a one-of-a-kind **beach-front yoga pavilion**, with a wide view of the Pacific Rivera and Sierra Madre Mountains. This adventure with Kathy and Emmet includes:

- Ocean-view private bungalow in a tropical garden setting for seven nights
- Breakfast and dinner each day – delicious, healthy meals, featuring intercontinental fusion style cuisine, fresh caught seafood, vegetarian specialties, regional Latin American dishes, Asian delicacies and house-made desserts
- Two yoga practices daily with Emmet and Kathy: a morning guided meditation and pranayama, and afternoon pre-dinner vinyasa flow and/or restorative. **CEU's for Yoga Alliance registered teachers available with Emmet**
- One class daily: your choice of one Qigong, dance or additional yoga class offered by the retreat staff

This retreat is designed to allow plenty of time to delight in the relaxing and refreshing services offered daily at Present Moment. These include heavenly Massage and Bodywork sessions, Surfing, professionally guided Adventure Tours, International Drum Circles and a variety of Live Evening Entertainment. Or spend your day basking in the warm waters of the Pacific, leisurely reading, strolling miles of unspoiled beaches or swimming in the resort pool with Jacuzzi spa.

Space is limited. Give yourself this gift and reserve today with a \$400 deposit. **\$1,582 double occupancy**

Deposit non-refundable; balance of payment due in two installments: November 15, 2011, December 15, 2011.

A few private rooms are available for an additional \$562 per person and limited triple occupancy (reduced rate). can be arranged.

For more information contact Kathy at (314) 378-1439 or Emmet at (314) 761-5007. To register, visit yogabreak.org/mexico.html. Also visit Present Moment Conscious Living Retreat Center on Facebook.

Guests fly into Zihuatanejo airport. Taxis are readily available for the 30 kilometer trip to Troncones Beach (\$65/car inbound; \$45/car out, cost can be split four ways)



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yogabreak.org

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone or Mobile Number _____

Email (important) _____

Leaders	Double \$1,582 per person	Single \$2,144	Deposit	Check enclosed
Kathy and Emmet	<input type="checkbox"/>	<input type="checkbox"/>	\$400	\$ _____

Triple occupancy, please contact Kathy Vanderselt at (314) 378-1439

Roommate request: _____

Emergency Contact Name, Phone Number: _____

Complete and mail this form with \$400 check made out to Kathy Vanderselt: Kathy Vanderselt, 850 Kent Road, St . Louis, MO 63124