

Ayurvedic Cleanse & Yoga Retreat



March 15th – 21st, 2020, México

Join Maria and Anna on a transformational journey of purification during the Spring Equinox in the tropics. Learn to remove obstacles to your wellbeing through Ayurvedic self-care practices at the Arising Spirit Retreat.

WHAT YOU RECIEVE:

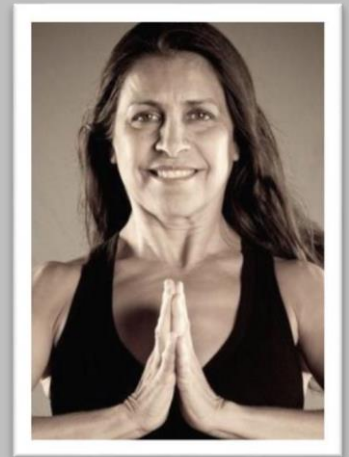
- A customized Ayurvedic Cleanse and Cleansing Kit for deep healing
- Daily Meditation, Kriyas, and a Pranayama Breathing Workshop
- A dynamic morning Yoga practice to wake and move your body
- A restorative afternoon Yoga practice to rebuild your nervous system
- An Ayurvedic Consultation with Anna, including recommendations
- A Functional Yoga Therapy session with Maria, with follow up
- 3 Gourmet, lovingly prepared Ayurvedic meals per day
- Tonic Elixirs, Herbal Formulas, and Medicinal Teas
- An Ayurvedic Cooking Class and Medicinal Cacao Ceremony
- A sacred Temazcal, Kirtan Music Ceremony, and Astrology Workshop
- A Detoxifying Massage with Body Brushing and Aromatherapy Steam
- Ocean side Herbal Body Exfoliation and Herbal Body Mask

YOUR RETREAT HOSTS:

Maria Mendola RN, MS, C-IAYT, CAS

Where most health professionals see separate and distinct schools and decide to specialize in one or two of them, I saw very clearly how they could work together to create unique healing packages, customized to address each client's specific needs. By integrating the best from all my wisdom teachers, I developed my own holistic and inclusive approach that I call Functional Yoga Therapy (FYT).

www.mariaalive.com



Anna Lachmuth BSc, CAS, CYT, AHP

For the past 8 years, I have guided clients through Ayurvedic Pancha Karma cleansing at Villa Ananda. I am passionate about assisting individuals to optimize their health through Ayurvedic consultations and treatments, cooking classes, lectures, yoga classes, and Thai massage. I am a certified Clinical Ayurvedic Specialist through the California College of Ayurveda.

www.ayurvedawithanna.com



YOUR RETREAT CENTER:

Your journey begins at Villa Ananda, the house of bliss, lauded by Yoga Journal as one of the top 16 yoga retreats in the world. This beachfront retreat offers stunning sunsets over the Pacific Ocean in the Bay of Banderas, about a 40 minute drive North of Puerto Vallarta.

Villa Ananda offers eight **double occupancy** suites with bathroom and patio (private suites available). Suites are assigned in order of registration and upon availability. Please let us know if you would like to stay with a friend, or we can pair you with a roommate.

Coffee, tea, and capomo are available at 7:30 am and fresh coconuts and agua frescas are available in the afternoons. Meals are vegetarian/vegan and served buffet style three times per day. Dietary restrictions can be accommodated for, please inform us upon registration.

Daily maid and laundry service provided, as are towels, shampoo, conditioner, and body wash. Please bring your own personal toiletries.

Airport shuttle pick up and return between the Puerto Vallarta International Airport and Villa Ananda is included in the price of the retreat.



RETREAT PRICING:

\$2,200 USD for 7 days / 6 nights (**per person, double occupancy**).

\$3,200 USD for 7 days / 6 nights (**private suite**).

We require a non-refundable \$400 USD deposit upon registration. Payment must be received in full by February 15th, 2020, or your registration will be cancelled. Registration closes February 28th, 2020.

Friend Discount of \$50 USD off each in the month of October, 2019.

1% of profits will be donated to the turtle hatchery, Tortuguero La Punta, on Punta del Burros beach, where you will be staying.

Pricing does **not** include airfare to/from Puerto Vallarta, additional activities, additional spa treatments, additional taxis, travel insurance, or gratuities.

QUESTIONS & RESERVATIONS:

Anna Lachmuth ayurvedawithanna@gmail.com

Maria Mendola info@mariaalive.com

Villa Ananda www.villaananda.com

