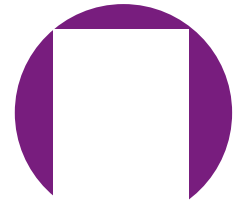


PARATY, BRAZIL



RETREAT

yoga in paradise

JOAN HYMAN

april 6 -13, 2008



yoga in paradise with JOAN HYMAN

april 6 -13, 2008



join joan

Get away to a unique adventure retreat in the dazzling coastal rainforest of Brazil, to a region of majestic green mountains, small bays of calm waters and pristine vanilla-colored beaches. If travel is your passion, then Brazil is your destination. Brazil is the largest single reservoir of biological diversity on our planet. The same goes for the ethnic mix - and the Brazilians are surely the friendliest and most fun-loving people on earth. Rejuvenate your body and replenish your soul at a serene hotel in Paraty, a small and charming old colonial town from the 17th century, a few hours from Rio de Janeiro. Hike and visit a native tribe deep into the beauty of the untouched Atlantic rainforest, swim and kayak in the ocean while soaking up Mother Nature's beauty. Completely enjoy the benefits of yoga by resting and eating healthy meals each day, without any distractions. Give yourself a treat, relax and connect deep into your soul while enjoying the exuberant wonders of Brazil.

Joan has a passion for traveling and has taught in Switzerland, Australia, Singapore, and in several local workshops across the US. She has studied with revered Guru Sri K. Pattabhi Jois at his Ashtanga Yoga Research Institute in Mysore, India. She also had the privilege to further her practice with renowned and certified Asthanga teachers Anthony Prem Carlisi and Heather Duplex in Sri Lanka, and Kimberly and Noah Williams in Hawaii. A dedicated Ashtanga practitioner, Joan teaches a vibrant flow class strongly influenced by her core teachers Annie Carpenter and YogaWorks co-founder Maty Ezraty. Her practice has also been influenced by Iyengar teachers Lisa Walford, Marla Apt, and Gabriella Guibilaro, with whom she has studied in Florence, Italy. She continues to deepen her practice by opening herself to experiences that help her inner growth: "I have always lived through my heart's intentions and the more I dedicate to my practice, the more I connect to my own divine light, and the richer my life gets with experience and joy."

registration information

CHECK IN is on Sunday, April 6th
CHECK OUT is on Sunday, April 13th

accommodations: (All prices are listed on a Per Person basis)

	early	full
DOUBLE OCCUPANCY	\$2300	\$2550
SINGLE OCCUPANCY	\$2650	\$2900

CALL NOW TO REGISTER!

EARLY REGISTRATION DATE: February 24th, 2008
Limited space available.
\$1000 non-refundable deposit required to hold your space.



Contact Adventure Yoga Retreats, LLC.
310.455.6681 or 877.624.6308
info@ayretreats.com

retreat policy: An advance deposit of \$1000 is required to reserve your space on this retreat. All deposits are non-refundable. Deposits are transferable to another retreat if cancellation is received before February 24th. No deposit or payment transfers will be made if cancellation is received after the above cancellation deadline of February 24th. Balance must be paid in full by February 24th in order to receive the discounted price. Balance must be paid by March 6th for everyone else. YogaWorks is not responsible for any and all costs incurred for travel arrangements or accommodations relating to this retreat.

