

Our Retreat

Relax, Reflect, Renew



Get ready for a week of challenging yoga, fresh ocean breezes, brilliant sunshine, and a little adventure, too! **The retreat fee includes:**

- **ARRIVAL DAY** (SATURDAY, JAN 24):
Welcome Yoga Practice at 5 PM;
Welcome Dinner at 7 PM
- **7 NIGHTS LODGING**
- **DAILY YOGA** – two or more sessions most days; mats, props, and blankets provided; bring a journal and pens for writing/drawing
- **DAILY BRUNCH** after morning yoga
- **ONE GROUP DAY TRIP** to a cultural or natural point of interest
- **FAREWELL DINNER** on Friday evening
- **DEPARTURE DAY** (SATURDAY, JAN 31):
Breakfast at The Little Mexican Cooking School (after 9:30 AM room check-out)

Not included:

- Cost for outside activities
- Evening meals Sunday – Thursday (*there are many wonderful dining options in town*)
- Villas Shanti staff tips (*suggested \$2–5 per day per retreat attendee*)

Our Setting

Villas Shanti / Puerto Morelos

Villas Shanti retreat center is a tropical hideaway on the Yucatán Peninsula, just 30 minutes south of the Cancun Airport in the small fishing village of Puerto Morelos, also known as The Jewel of the Caribbean. Rich with lush foliage, clear waters, stunning beaches, and diverse wildlife, this area is more relaxed and less touristy than other parts of the Yucatán.

Our gracious hosts, Jean and Jack Loew, provide simple, comfortable accommodations in a tranquil setting, with rooms around a central courtyard with freshwater pool and thatched-roof yoga palapa. Each double occupancy room has an equipped kitchen; bathroom with shower; purified drinking water; and daily maid service.



Outside of our scheduled activities, there will be plenty of time to play and explore. It's just a short walk to the village plaza, where you'll find restaurants, cafés, and shops filled with warm and welcoming townfolk. And it's only a block to the beach, where you can enjoy a massage or a drink at the cabana; splash in the turquoise Caribbean waters; snorkel on the world's second largest barrier reef; dig your toes into the sand; and rest, relax, and *simply be*.

Our Yoga

Seeking the Sun



The theme for the week will be **Seek the Sun**. We will bask in the outer sunshine and warmth, and also reconnect with our own **Inner Sun**. There will be invigorating yoga for all levels, as well as contemplation, meditation, journaling, and discussion as we relax, reflect, and renew in body, mind, and spirit.

Sample day's schedule (*illustrative only*):

- 6:15 – 6:45a **SUNRISE BEACH CONTEMPLATION**
- 8:00 – 9:00a **VINYASA FLOW IN THE PALAPA** (*vigorous guided practice with minimal instruction*)
- 9:15 – 10:45a **THERAPEUTIC YOGA** (*a different focus each day with clear, detailed instruction*)
- 11a – 12:00p **BOUNTIFUL DAILY BRUNCH**
- 12:00 – 4:15p **FREE TIME**
- 4:15 – 4:45p **SATSANG** (*discussions on yoga principles, spirituality, and philosophy*)
- 4:45 – 5:45p **BEACH YOGA PRACTICE** (*with a focus on stability/inversions/arm balances*)



RETREAT FEE (airfare not included):

Double occupancy: \$1,425 per person

Single occupancy: \$1,975

TRAVEL PLANNING:

Plan to arrive into **Cancun Airport** by mid-afternoon on January 24 (the retreat begins at 5 PM). Puerto Morelos is 20 – 30 minutes from the airport. On January 31, the retreat will wrap up by late morning (after breakfast).

Transport to/from the airport is **not** included in the retreat price. Taxi fare will run \$35-50. For four or more people, you may reserve a Villas Shanti van for \$10 per person.



REGISTRATION:

To request a registration form, please contact Linda by email (lindameacci@att.net) or by phone (412-427-4781). A \$500 deposit will reserve your space, with the remaining balance due by November 24, 2014. After November 24, full payment is due with registration form.

CANCELLATION POLICY:

On or before November 24, 2014: Refund will be given, minus a \$250 cancellation fee.

After November 24, 2014: Refund (minus a \$250 cancellation fee) will be given only if your space can be filled from a waiting list .

Meet Linda . . .



Pittsburgh-based Linda Meacci, E-RYT, is one of Western Pennsylvania's most experienced therapeutic yoga teachers. A dedicated yogi since 1990, she is a gifted communicator and instructor who first and

foremost recognizes and honors the great potential within each individual. She draws upon her experiences as performing artist, athlete, and yogi to create a safe, integrative environment for self-exploration. Her instruction is clear and pinpointed, and infused with enthusiasm, compassion, and joy.

Drawing inspiration from a wide range of respected teachings, Linda creates her own rhythm and innovative style. She synthesizes principles of yoga, various movement disciplines, and therapeutic bodywork to adeptly guide her students to the "Aha!" moment.

In addition to teaching studio classes and private lessons, Linda also facilitates workshops and retreats that can be taken for continuing education credits. Off the mat, Linda thrives on her love of nature, travel, and her spiritual path, Surat Shabda Yoga.

Seek the Sound that never ceases;
Seek the Sun that never sets.

~ Rumi

LINDA MEACCI

YOGA INSTRUCTION

SEEK THE SUN

WINTER YOGA RETREAT

PUERTO MORELOS, MEXICO

JANUARY 24 – 31, 2015



Visit us online at

www.LindaMeacciYoga.com