

# Yoga Vacation In Beautiful Cabarete, Dominican Republic

March 7th, – 13th, 2012

Mandy Grant and Juluka Yoga Studio invite you to experience a week in yoga heaven! You will be spiritually rejuvenated as you immerse yourself in daily Vinyasa practice, meditation and pranayama. You will also have the opportunity to embrace the primitive energy of your soul as you experience surfing and trapeze flying!

The essence of Natura Cabana's concept is nature. Everything revolves around the astounding environment that surrounds this true gem of a luxurious boutique hotel. The mystical beauty is complemented by the sea's echo that floods the rustic finishings. Indoors, the practice of Feng Shui is applied so as to reach the greatest balance of energy.

## Daily Schedule

7am	Herbal Tea/Chai
7:15–8:30am	Pranayama & Meditation
8:30–9:30am	Fresh, High-Energy Breakfast
10am–12:15pm	Yoga Practice
12:45pm	Lunch
3pm–5pm	Trapeze Flying (1 day) Surfing (1 day)
6pm	Optional Class at Yoga Temple
7:30pm	Dinner

## Fee Includes ...

6 nights accommodation in beautiful room with private bath  
6 days of yoga, pranayama and meditation instruction  
6 Morning Herbal Teas  
6 Nutritious breakfasts  
5 Lunches, 3 at Natura Cabana & 2 at Chichigua, Cabarete  
6 Dinners, 4 at Natura Cabana & 2 at Chichigua, Cabarete  
1 Two-hour surf lesson  
1 Two-hour trapeze flying lesson  
All taxes and gratuities for above

Included in the price, all meals, accommodations and yoga instruction. Prices per person if booked before October 20th.

Quad occupancy	\$1080
Triple occupancy	\$1135
Double occupancy	\$1195
Single Occupancy	\$1450

Booking after October 30th, add \$100 per person.

