

The retreat will be tailored to enhance everyone's practice.

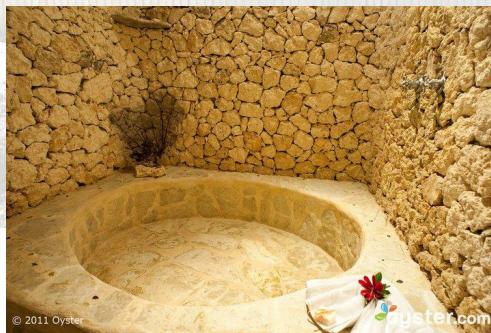


"My first retreat was at the very beginning of my yoga journey. It was at a rustic, but beautiful place in Mexico. The experience is one that I will cherish for the rest of my life. It totally transformed me and set me on my magical yoga journey. I hope to inspire and share my passion for yoga and beautiful exotic places with you. Please join me on a life changing vacation!" Om and love, Mandy

Please see the website (www.julukayoga.com) for more information about the retreat or call Mandy at 201-638-6828. Please book soon. Accommodations are all individually appointed, so the sooner you book, the more choices you have. And you also save on Early Bird discount!

The accommodations at Natura Cabana Boutique and Spa are too gorgeous! They offer various sleeping configurations. The grounds and pool are beautiful. You will have enough time to rest on the beach or by the pool, read, get a massage at the stunning spa, or take a nap in your hammock!

The food is delicious. Fresh, gourmet and local ingredients. Expect fresh fish skewers with sautéed vegetables served with ginger rice for lunch, followed by dessert, or Tuna Pistachio with couscous and eggplant puree for dinner. Another delicious option is The "Shrimp Natura" -- sautéed shrimp tossed with a special mix of curry and a creamy rum-based sauce. Vegetarian options like Tofu Zen or Vegetable Wok are available.



Mandy Grant is the owner of Juluka Yoga Studio, located in Hillsdale NJ. She has been teaching yoga for 14 years and has certified over 40 great teachers at the Juluka Yoga School over the past 5 years.

She is compassionate and energetic, and will lovingly guide you to a new and exciting level of practice.

