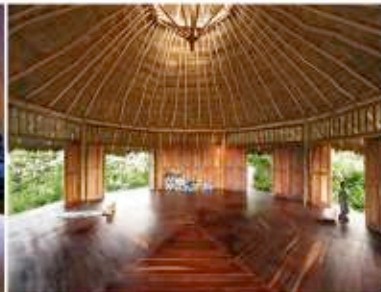


# A Week of Living Yoga

with Kevin Collins & Naushon Kabat-Zinn

May 29 - June 5, 2010



## Haramara Retreat

Sayulita, Nayarit, Mexico



*MORE INFORMATION & REGISTRATION AT [WWW.MANYDOORS.COM](http://WWW.MANYDOORS.COM)*

Join Kevin and Naushon at beautiful Haramara Retreat on the Pacific coast of Mexico for a week that will transform your relationship to your practice, your body and your life.

Instead of squeezing your practice between a million other demands, come see what it feels like to live your yoga. Over the course of this week, we'll put our usual habits on hold and dive deep into our potential. Twice-daily yoga practice, amazing healthy food, morning meditation and private, secluded beaches will wash away the tension and stagnation of our daily routines. Rejuvenate your body and clear your mind.

We'll go deeper into postures than we ever get to in class, but we'll also get beyond the mechanics into the joy of an expressive practice. It's going to be a week to remember!

### ***The Essentials:***

Dates: Sat., May 29 – Sat., June 5, 2010

Location: Haramara Retreat  
(40 miles north of Puerto Vallarta  
on Mexico's Pacific coast)

[www.haramararetreat.com](http://www.haramararetreat.com)

### ***Pricing:***

Casa Grande (up to 6 people)	\$1,250 per person
Triple Occupancy	\$1,400 per person
Double Occupancy	\$1,700 per person
Single Occupancy	\$2,500 per person

Fees include lodging, meals, taxes, yoga and yoga-related activities. Does not include airfare, airport shuttle, spa services or excursions.



*Kevin Collins teaches power yoga all over the Bay Area. His classes tend to be physically challenging with a mindset towards exploration and fun.*

*To get a feel for it, check out [www.manydoors.com](http://www.manydoors.com).*



*Naushon has been practicing yoga since she was a little girl, & teaching since 2000. Her challenging, yet compassionate Power Vinyasa classes emphasize the linking of movement with breath, cultivating our ability to awaken to the beauty and joy of the present moment.*

*For more information visit [naushonyoga.blogspot.com](http://naushonyoga.blogspot.com)*