

MARCH 3 - 7, 2010

YOGA RETREAT TO
JAMAICA

with KYRA ANASTASIA SUDOFKY

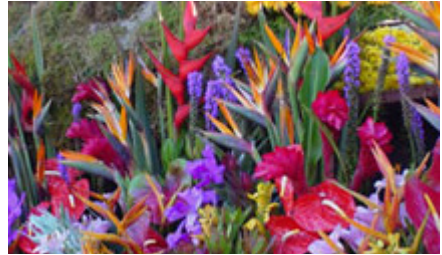
\$825 PP, DOUBLE
\$1275 PP, SINGLE



INSPIRED YOGA
— breathe in life

www.inspiredyoga.com

MARCH 3 - 7, 2010



ESCAPE TO JAMAICA

—AND NEGRIL IS OUR FAVORITE SPOT!

For our retreat, we'll call Negril Escape our home. Its breathtaking location, perched on the majestic cliffs of Negril's West End, is sure to inspire you.

The Negril Escape epitomizes the richness of Jamaica. Each cottage reflects the variety of ethnic backgrounds that have come together to make the Jamaica motto "Out of many, One people" a true reflection of the nation.

An in-ground pool close to the edge of the Caribbean gives one the sense of great openness. Nowhere else in Negril is the tranquil, intimate atmosphere you need to offset the stress you left behind.

The resort is within walking distance to Rick's Cafe and the many quaint restaurants, cafes and bars that make Negril's West End famous.

During the retreat you'll enjoy swimming, snorkeling, scuba diving, watching the sunset, sunbathing... all in privacy and seclusion of the resort.

Daily meditation and flow yoga classes will be offered by Kyra Sudofsky, Director of Inspired Yoga in Washington, DC.

Optional Group excursions are available at an additional charge. Activities include hiking, rafting, sailing, cruising, a canopy walk, deep sea fishing and more!

YOGA RETREAT TO JAMAICA



PRICING

\$825 double | \$1275 single

PRICE INCLUDES:

Accommodation for four nights; breakfast daily, excluding travel days; daily flow yoga classes and use of all facilities; group airport transfer and applicable taxes.

Group excursions are available at an additional charge.

Activities include hiking, rafting, sailing, cruising, a canopy walk, deep sea fishing and more!

You may wish to extend your Jamaican vacation therefore, airfare is not included.

To join us and secure your place on the retreat, a deposit of \$200 is due before e before November 30, 2009, with final payment due by e december 31, 2009.

Checks should be written and sent to our retreat organizer:

Joanne Poesch
22127 Whisperhill Court
Broadlands, VA 20148.



YOUR INSTRUCTOR

Kyra Sudofsky is the Founder & Director of Inspired Yoga. She is certified in Interdisciplinary Yoga from the Nosara Yoga Institute in Costa Rica. When not at the studio, Kyra leads trips for Smithsonian & National Geographic. Kyra's classes can be challenging, focus on the breath, and intend to get the body warm and moving!

Classes will be in the Vinyasa Flow yoga style and will be oriented towards intermediate level students. Please consider picking up your practice prior to our retreat.



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YOGA RETREAT TO **JAMAICA**

Please complete and return this form as soon as possible via email to **retreats@inspiredyoga.com**

or mail to **Joanne Poesch**
22127 Whisperhill Ct
Ashburn, VA 20148

Name

Address

City

State

Zip

Day Phone

Evening Phone

Email Address

Total Retreat Cost

\$825 per person, double with yoga

\$1275 per person, single with yoga

Please note

- Deposit of \$200 is required no later than 11/30/09
- The final balance is due by check before 12/31/10

Roommate Request

I would like a single room (Yes)

Special Needs

Additional Comments?



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