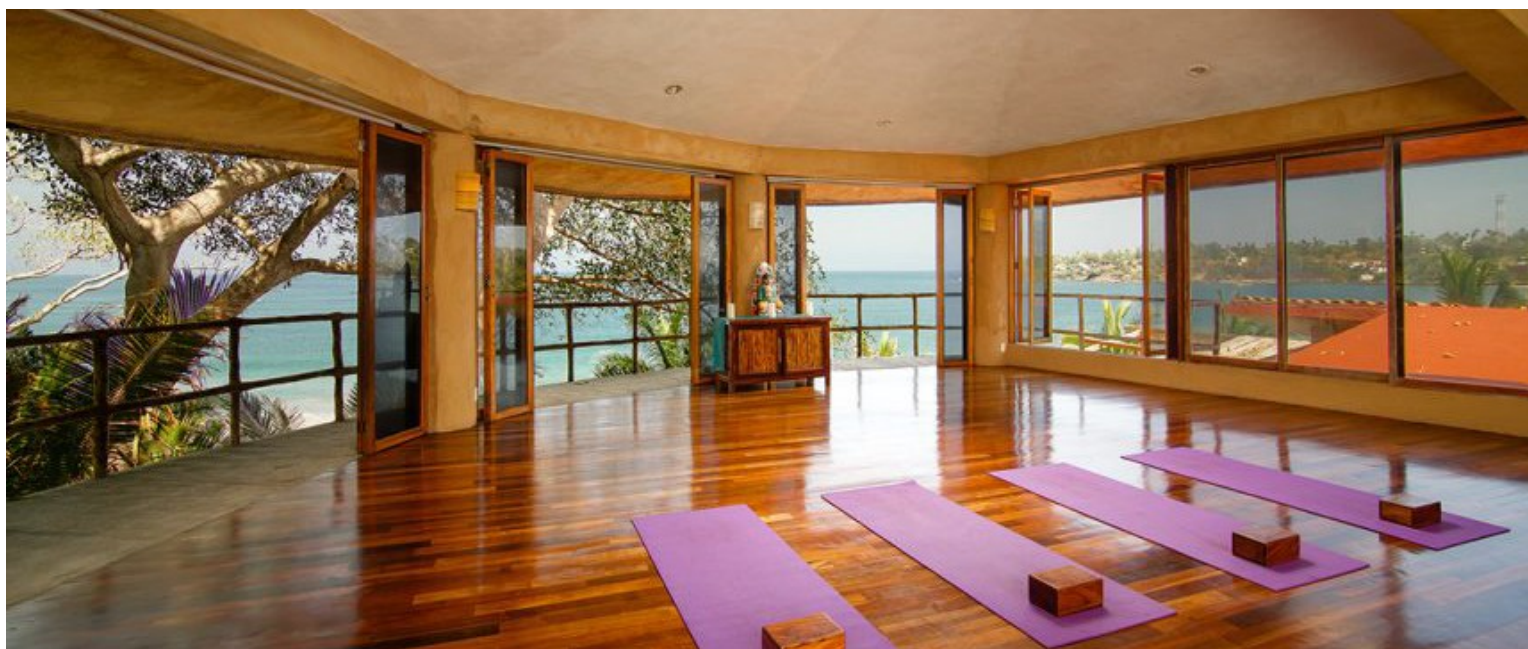


# Mexico Yoga and Meditation Retreat

## with Nancy Boler

### February 4 - 11, 2023



This week-long retreat offers a balance of yoga, meditation, relaxation, adventure, and delicious food. Our daily practice will include morning meditation & yoga class and afternoon restorative yoga class. Other activities include hiking, walking on the beach, swimming, whale watching, exploring the nearby village, massage, jacuzzi, or lounging by the pool.

Mar de Jade is a retreat center hidden away on the beach of Chacala, Mexico, 70 miles North of Puerto Vallarta. Mar de Jade is a beautiful family-run resort that has been built over decades by the owners who are dedicated to the surrounding community. Please visit their website to read their story and enjoy pictures of the amazing artistry and love that has built this sacred center. You will also find details about the various rooms available. [www.mardejade.com](http://www.mardejade.com)

	Ocean Room	Garden Room	Guest Room	Women's Dorm
<b>Single occupancy</b>	\$3050	\$2750	\$2400	
<b>Double occupancy (per person)</b>	\$2200	\$2050	\$1800	\$1550

#### **Included in the retreat cost:**

Accommodations and 19% tax  
3 meals a day  
All yoga and meditation classes

#### **NOT included in the cost:**

Flight expense  
Roundtrip taxi to/from airport  
(\$40 -\$180 depending on number of riders)  
Tips/gratuity, bar drinks, day trips

Book your flight in and out of Puerto Vallarta (PVR). Please arrive early on Feb. 4 and depart later in the day Feb. 11. Many people choose to arrive on Feb. 3 and stay in Chacala for one night. To register, please contact me at : [nancy@boleryoga.com](mailto:nancy@boleryoga.com)