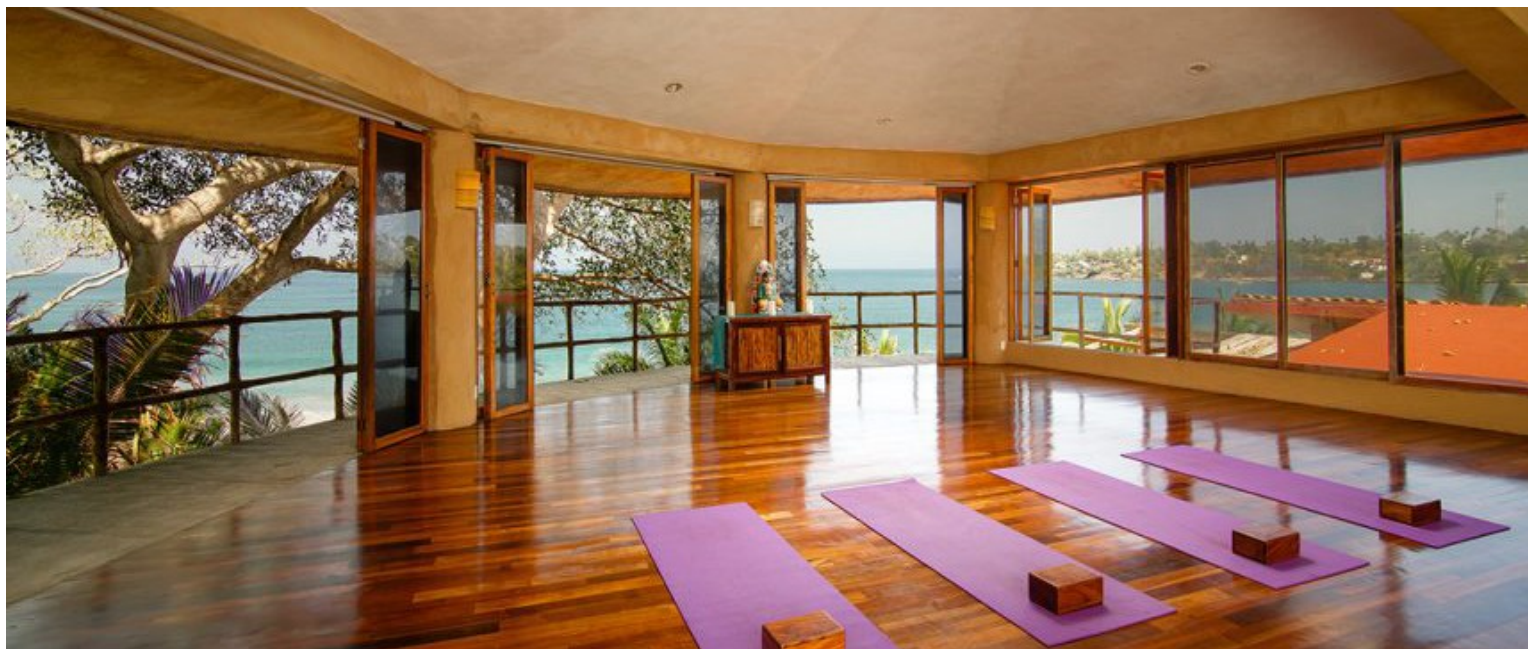


Mexico Yoga and Meditation Retreat

with Nancy Boler
February 5 - 12, 2022



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. www.mardejade.com

<u>Ocean Room</u>	<u>Garden Room</u>	<u>Guest Room</u>	<u>Women's Dorm</u>
Single \$2850	Single \$2550	Single \$2250	\$1490 pp
Double \$2050	Double \$1950 pp	Double \$1700 pp	

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)

To register or get more information: contact Nancy at nancy@boleryoga.com