



YOGA EN AKUMAL

FEBRERO 2012

HORA/TIME	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
7:00-8:15 AM		HATHA FLOW Marti	HATHA Michael	HATHA FLOW Michael	HATHA Marti		
8:30-10:00 AM	BEGINNERS HATHA Marti	ASANA w/ PRANAYAMA Michael	VINYASA FLOW Marti	HATHA Marti	ASANA w/ PRANAYAMA Michael	HATHA FLOW 9:00-10:30 Michael	HATHA 9:00-10:30 Michael
					ACUPUNCTURE 10:30 – 1:00 Isabel Appointment	<p>CLASSES IN ORANGE ARE RECOMMENDED FOR EXPERIENCED PRACTITIONERS (May include arm balances, inversions, mantras, meditation.)</p>	
4:00 PM		HEKAB BE YOGANITOS 4:00-4:45 Ileana	TANTRIC FLOW 4:00-5:30 Michael	HEKAB BE YOGANITOS 4:00-4:45 Ileana			
6:00-7:30 PM	KUNDALINI Sasha		HATHA BASICO EN ESPAÑOL Leticia	YIN 6:00-7:45PM Sasha	Feb 17th ONLY Sound Energy Concert & Meditation 6:00 w Donna		

Recepción Las Casitas (altos) / *Las Casitas reception (upstairs)*
 Sesiones de 1:30 hrs \$200 Pesos / \$15 US
 Quatro clases / four classes \$600 Pesos / \$50 US (4th class free)
 Una semana / one week UNLIMITED \$700 Pesos / \$60 US (NEW)
 Dos semanas / two weeks UNLIMITED \$1,000 Pesos / \$85 US
 Un mes / one month UNLIMITED \$1,600 Pesos / \$140.00 US

INFORMACIÓN
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April 26th – 29th 2012 Yoga en Akumal Retreat
Pathways to the Divine Within

PLEASE VISIT akumalyoga.com * NAMASTÉ