

MEXICO YOGA ADVENTURE

with Mario Batres

JAN 20-25TH PUERTO ESCONDIDO

Join **Mario Batres & Amigos** on the Yogi adventure of a lifetime.

We will gather in magical **Puerto Escondido** to celebrate life and exploration, enjoy the warm weather and beautiful beaches (even catch some waves!) and meet new friends while discovering local culture.

You will **re-energize** your Yoga practice diving deep into asana to **purify the body and transform the mind**, **discover new practices** as we explore breathing and tantra techniques and **open your heart** through the immense power of friendship, community and ritual.

- **Daily Practices**, vinyasa and pranayama/breath work, cacao ceremonies/local rituals.
- **Self-Care**, massages and treatments, local organic meals.
- **Beach time**, surf lessons available for those willing to try, boat rides and whale watching.
- **Local Excursions**, discover some of the most amazing places in the region.

✂ THE TEAM



Mario Batres is an international teacher in the disciplines of Vinyasa and Nada Yoga, Accessible Yoga Ambassador and an adventurous traveler.

Based in Northern California, Mario has been an active member of the San Francisco's yoga community for over a decade teaching classes and workshops as well as imparting training programs and leading retreats.

Mario is currently travelling the world sharing his experience and unique vision on the transformative path of the Yoga practices. www.aswathayoga.com/about



Ruben Fabra lived in India for five years before setting roots in Thailand where he learned the Art of Tantra Massage from well-known teacher John Hawker.

Ruben currently facilitates tantra workshops and men's circles internationally and shares his knowledge in waterflow massage therapy. Using the water element as a support Ruben will take you to a place of deep discovery and transformation.



Jessica Milagros is a local healer and owner of Casa Milagros with twelve years of experience in plant medicine. Her favorite medicines are cacao to heal the heart, flowers to elevate our frequency and kambo to catalyze personal transformation.

Jessica is our host and will offer a variety of treatments during the retreat.

1 WHEN

From Sunday, January 20th to Friday, January 25th 2019 (6 days and 5 nights).

➔ Flying to Puerto Escondido's Airport on 01/20 and departing 01/25.

① Extra days? I can help you design a special route visiting Oaxaca and other places of interest ☺

WHERE



Puerto Escondido is a port town and resort on Mexico's Pacific coast in the state of Oaxaca. Despite being a firm favorite with surfers and backpackers, Puerto Escondido has remained under the mainstream tourism radar for years.

The lack of big resort hotels, which is part of its appeal, probably has something to do with this. However, the intense waves of the roaring Pacific Ocean and the town's easy-going vibe make it a hidden treasure worth discovering (Puerto Escondido does mean Hidden Port, after all). *"CNN Travel"*

We will be staying at beautiful **Punta Zicatela**. Located at the southern end of Puerto Escondido, this area has mellower surf and a mellower vibe to go with it. With its unpaved roads overlooked by charming vegan cafes and yoga retreats, it's favored chiefly by a more informal crowd and beginner surfers.



Punta Zicatela



Casa Los Milagritos offers a clean and safe eco-friendly environment full of green living and healthy *vegetarian and vegan* food cooked with love by Galician chef Marta “Daikini”.

Locally owned, this simple yet charming “*home away from home*” provides all the necessary for a great stay.

We will practice at the **rooftop** with some amazing views, hang by the **swimming pool** and gather around the *ceremony circle* in the garden to enjoy -*true luxury: community and friendship.*



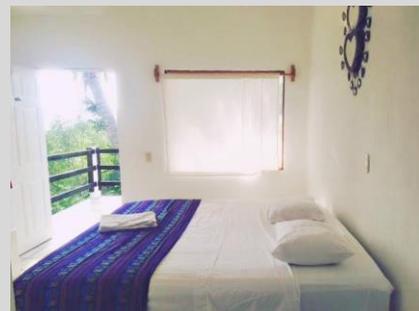
← ACCOMMODATIONS / RATES

Prices are final and include accommodation, meals and extras (see the following section for more details).

- ★ Double room with bath **\$950/per person** (shared room)
- ★ Single room with bath **\$1,100**
- ★ Single Room Couples **\$800/per person** (shared bed)

It is going to be a small group since space is very limited. Make sure you make your reservation right away to guarantee your spot. Housing is provided on a first-come-first-served basis.

Go to www.aswathayoga.com/sign-up to make your **\$200 deposit**



*All bedrooms have a private bath with cold shower and Wi-Fi.

✔ WHAT IS INCLUDED

- ✓ Accommodation, vegetarian breakfast and lunch daily (vegan options available).
- ✓ Daily Yoga practice, cacao ceremony, waterflow massage and other rituals.
- ✓ 3 Surf lessons w/board, whale watching boat ride, local excursion transportation.

⊗ WHAT IS NOT INCLUDED

- ✗ Plain Fees and airport transportation (Taxi from and to the airport is less than US\$ 5.00 per trip)
- ✗ All dinners. Evenings will be for exploration. Good and affordable restaurants with a great variety of food.
- ✗ Special treatments offered at Casa Milagros: temazcal, massage, crystal healing, sound therapy.

💳 PAYMENT

Spaces at the retreat are limited. We encourage you to reserve your spot as soon as possible!

A **\$200 deposit** will guarantee you a spot.

- ☛ Make your deposit here <http://aswattthayoga.com/sign-up>



- ☛ PayPal is not your thing? Feel free to use [Venmo](#) or [Zelle](#)



Once we have your accommodation secured and depending on your housing choice you will need to clear your balance no later than **December 15th**.

❓ QUESTIONS?

Please contact me with any questions at info@aswattthayoga.com

I hope I get to see your beautiful face in Mexico for this super fun adventure!

With Love and Devotion

