



Join **Mario and Astrud** at wonderful Mount Madonna Retreat Center and set the **intention for the New Year**.

You will **re-energize** your Yoga practice through the healing power of sound and movement using different tools to deepen your experience of **Bhakti Yoga** as well as diving deep into asana to **purify the body and transform the mind**.

The weekend will provide time and space to develop a **deeper relationship with your sadhana** and give you the opportunity to explore practices designed to stimulate **new patterns for your daily life**.

Through **Asana, Mantra, Sound and Meditation** we lighten the path of transformation to achieve your goals for the New Year **and re-connect with your Higher Self**.



Mario Batres is an international teacher in the disciplines of Vinyasa and Nada Yoga, Accessible Yoga Ambassador and travels the world sharing his experience and unique vision on the transformative path of the Yoga practices. www.aswatthayoga.com

Astrud Castillo has been teaching Yoga for almost two decades sharing her passion internationally. She leads Kirtan in the USA and Europe, teaches Bhakti Yoga Teacher Trainings in California and leads retreats in India yearly. www.yogawithastrud.com

Mario and Astrud work intimately together leading Retreats, Sound Healing and Partner Yoga workshops and sharing their love for the open heart practices honoring their divine union.

SCHEDULE:

From Friday 4:00 PM (Dinner 5:30PM) to **Sunday 2:00 PM** (Optional activity until 4:00 PM).



Mount Madonna has always been a sacred place surrounded by natural magic and conducive to positive transformation. Committed to the task of spiritual growth for over 40 years is a referent in the Yoga community and only Ayurvedic School providing a full Degree Program in the whole country.



During your stay you will have the opportunity to enjoy the exuberant nature of Santa Cruz Mountains in a rural environment with a number of **hike trails** available around the property. **Ayurvedic Treatments** and **bodywork** sessions are offered for booking in advance through the **Kaya Kalpa Wellness Center**.

Anjaneya's Cafe offers hot and cold drinks, music and conversation. Visit the amazing **Ayurveda World** store to learn about herbs and formulas, go for a deep on the **hot tub** or have a moment of deep connection at the beautiful **Hanuman Temple**.

Learn more about the place www.mountmadonna.org

ACOMMODATIONS:

Room rates include accommodations for 2 nights, 2 meals and a snack per day and use of grounds and recreational facilities. (All taxes included)

- ★ Dormitory **\$380**
- ★ Double with bath **\$560**
- ★ Single with bath **\$680**

Please notice that space is limited and although we will do our best to meet all your needs and requests, housing is provided on a first-come-first-served basis. Make sure you reserve your spot in advance to ensure we find the right accommodation for you.

Go to www.aswathayoga.com/sign-up to make your **\$200 deposit** fully refundable until December 15th.



MEALS:

Delicious fresh, organic vegetarian meals will be served twice a day. Snacks including fresh fruit, cereal bars and tea will be available daily. Non-dairy and non-gluten options at every meal.

Meals included in the program:

Friday – Dinner

Saturday – Brunch / Snack / Dinner

Sunday – Breakfast / Snack



PAYMENT:

Since spaces at the retreat are limited we encourage you to reserve your spot as soon as possible.

A **\$200 deposit** will ensure you a spot and help us finding the right accommodation for you. The deposit is fully refundable until December 15th (no deposit refunds after this date).

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



Once we have your accommodation secured and depending on your housing choice you will need to clear your balance no later than December 29th. (We will contact you with the remain payment amount to finalize your reservation).

QUESTIONS?

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

We hope we will see you at Mount Madonna to start the year together.

With Love and Devotion,

Mario & Astrud

