

# Dharma Yoga

new york center

## **The Illumined Path of Dharma Yoga Vacation with Sri Dharma Mittra**

December 1-6, 2009 at Otam Yoga Shala  
Pueblo Sacbe, Playa del Carmen  
Quintana Roo, Mexico

### **Retreat Program**

Dec. 1-6 - 9 to 10am - Meditation with Sri Dharma Mittra  
10 to 12pm - Shiva Namaskar Vinyasa with Sri Dharma Mittra  
Dec. 1-5 - 6 to 7:30pm - Asana, Meditation, Purification with Sri Dharma Mittra

### **Registration & Payment Information**

Yoga retreat cost is US\$525 per person if paid by October 1st | US\$595 thereafter.  
Space is limited. Enrollment is by pre-registration only.

#### *Cost Includes:*

- Dharma Mittra Yoga Practice
- Daily transportation (to/from Otam/Playa del Carmen for first 40 bookings only)

#### *Cost Does Not Include:*

- Airfare to/from Cancun
- Yoga supplies (e.g. mat, books, props, etc.)
- Accommodations and/or extras (e.g. guided tours, car rentals, etc.)
- Meals
- Any additional transportation (private airport transfers can be furnished upon request at US\$50 / US\$100 one way/roundtrip for 1-2 people)

### **Cancellation Policy**

Due to the complex nature of organizing the event, the following cancellation policy will be in effect:

- Cancel by Oct. 15 – Full Refund
- Cancel between Oct. 16 to Nov. 1 - \$150 Fee
- Cancel between Nov. 2 to Nov. 24 - \$350 Fee
- Cancel after Nov. 24 – No Refund

### **For Vacation & Local Information, and Mexican Registration**

Contact: [info@otam-yogashala.com](mailto:info@otam-yogashala.com) | +52 984 105 8457

A check in the mail BY COURIER or a bank transfer are recommended (please e-mail Maru at the email address above for postal address and/or banking details). Space is not held until payment has been received.



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## **For US Registration**

Online at [www.dharmayogacenter.com](http://www.dharmayogacenter.com)

By phone by calling +1-212-889-8160

### *Important Note:*

Cancellation of the event due to unforeseen circumstances is at discretion of Dharma Yoga Center New York.

## **About Playa del Carmen**

Playa del Carmen is a city on the coast of the Caribbean Sea, in the north east of the Yucatan Peninsula, in Mexico. Playa del Carmen (or just 'Playa' as it is colloquially referred to), is the centre of the Riviera Maya concept, which covers from Cancun to Tulum and the Sian Ka'an biosphere reserve.

Playa, originally a rustic fishermen town has evolved in the last few years into one of the most popular destinations in the world, not only for its amazing white sand beaches, but for its proximity to archeological Mayan sites, hidden jungle cenotes (fresh water sink holes), snorkeling, some of the best scuba diving on earth, and the party atmosphere of Playa Carmen. However, despite its recent growth, the local community and government have attempted to retain Playa del Carmen's reputation and charm as a small fishing village and artists' colony, without becoming as large or tourist-dependent as Cancun.

Tourist activity in Playa del Carmen centers 5th Avenue, a pedestrian walkway located just one block inland from the beach, and lined with boutique hotels, small shops, bars, coffee places and neat restaurants. There is a significant European influence in Playa, with a number of local business proprietors drawn from the European expatriate community.

## **About Otam Shala, Accommodations & Food**

Otam offers 2 beautiful spaces for practice. It does not offer accommodation or meals. Students generally stay in different hotels in Playa del Carmen (5 miles away), which offers choices for every budget and taste. See the hotel list below for some recommendations. Otam provides daily transportation back & forth to the retreat since the Shala is located in a jungle property that would not be easy to find. If you need help to find accommodations, please contact Maru at [info@otam-yogashala.com](mailto:info@otam-yogashala.com)



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The town offers tons of choices for good and affordable ethnic & international food. Meals are available in all price ranges and tastes. Breakfast goes for about US\$10, lunch for US\$15-20. Dinner is variable, depending on individual preferences. During past retreats most students do not eat breakfast, but will opt for a good lunch, and a light dinner.

Many small chic downtown hotels are walking distance to the beach and have rates between US\$55-80 for double occupancy.

## **Hotel Recommendations**

Hotel Kinbe, [www.kinbe.com](http://www.kinbe.com)

Hotel Lunata, [www.lunata.com](http://www.lunata.com)

Magic Blue, [www.hotelmagicblue.com](http://www.hotelmagicblue.com)

Playa del Karma, [www.hotelpalayadelkarma.com](http://www.hotelpalayadelkarma.com)

Hotel La Tortuga, [www.hotellatortuga.com](http://www.hotellatortuga.com)

These hotels are all near each other and close to the coffee place where students meet to catch the Yogi Bus!

**For more information and local knowledge, please contact Maru:  
[info@otam-yogashala.com](mailto:info@otam-yogashala.com)**

