



Ashtanga Yoga • Dharma Yoga • AcroYoga

A weekend of self discovery through the practice of conscious living.

Be part of this unique event that brings together three authentic yoga practices.

The Maha Yoga Retreat brings you three of Puerto Rico's senior teachers and highest trained practitioners. Laura E. Velázquez {AcroYoga & Thai Massage}, Paulo Torres {Dharma Yoga} and David Kyle {Ashtanga Yoga}.

AcroYoga & Thai Massage
 loving kindness
 give and receive
 community
 connect
 trust
 play

Dharma Yoga
 be receptive
 be devotional
 be determined
 all is within

Ashtanga Yoga
 power
 breath
 discipline
 meditation &
 movement
 systematic

maha yoga retreat

at
**Casa
 Cubuy
 Ecolodge.**
 Cubuy, Puerto Rico
**SEPT. 3-5
 2011**

Come join us for a weekend of vast learning and yoga practices that promote higher states of consciousness.

WHAT IT INCLUDES:
 6 Yoga Classes | 3 Lectures | 6 Healthy Vegetarian Meals and Snacks | Kriyas and Cleansing Techniques | Meditation and Pranayama | Thai Massage | Walk to the River and Waterfall | Lodging | Ecstatic Chant (Kirtan, Bajans and Popular Music) with Rita Ishtar

Cubuy is part of El Yunque Rainforest, considered as one of the magical healing wonders of the planet. It is surrounded by mountains, waterfalls, flora and fauna.

more info: laura@acroyoga.org | 767.671.6075