



YOGA & WELLNESS RETREAT

May 11-18, 2018, Palapa Ganesh, Sayulita, Riviera Nayarit

Yoga & Meditation. 3 days Juice Detox. Yoga, Health & Detox Workshops. Naturopathy. Outings and more . . .

A unique opportunity to learn how to be the master over your physical, mental, emotional and spiritual health. The retreat will be held in the amazing 'Palapa Ganesh', right by the shore with our own private beach. It's the perfect environment for learning, rejuvenating and detoxing. Specially selected trainers will make this a one-time opportunity to learn Yoga, Naturopathy and Tantra in depth.



Acarya Dharmavedananda (Dada Dharma)
With a degree in naturopathy and 45 years experience as a yogi and acarya, Dada has helped thousands of patients to heal themselves through natural means. Founder of the successful AM Wellness Center in India and Philippines, Dada is known to be among the best therapists there is. He will give individual consultations to those specially in need.



Narayani (Nara)
Founder of the famous Paraiso Yoga in Sayulita, Nara is known as a loving and knowledgeable teacher. Her 15 years experience with yoga and shamanism makes her workshops a unique and interesting experience.



Acarya Satyamitrananda (Dada Satya)
Dada is the founder of AM Yoga Academy in Singapore & organizer of a number of global 'Yoga Educators Conferences'. His passion is to share about the subtler aspects of yoga, meditation and tantra.







Price:
3 days: \$ 295
8 days: \$ 595
Early bird b4 1st Feb - 10%
Limited space, book early!

Info & registration: anandamarga.mexico@gmail.com

'Yoga and Detox Retreat', Mexico 2018

Namaskar

It's our pleasure to invite you for this special retreat in Mexico. A unique opportunity to learn how to be the master over your physical, mental, emotional and spiritual health. The retreat will be held in the amazing 'Palapa Ganesh', right by the shore with our own private beach. It's in a very natural and private environment just 30 minutes' drive from the international airport of Puerto Vallarta, Mexico. The Puerto Vallarta area has gained popularity among north Americans due to its beautiful beaches, nature, safe environment, and proximity to USA.

It's the perfect environment for learning, rejuvenating and detoxing. Specially selected trainers will make this a one-time opportunity to learn Yoga, Naturopathy and Tantra in depth.

For this special event, we have invited Dada Dharmavedananda to be the main facilitator. Dada has a degree in naturopathy and 45 years' experience as a naturopath and acarya. He is also the coordinator of the global network of

'Ananda Marga Wellness Centers'. See the poster for more info.

We are looking forward to receive you in Mexico and make sure your stay will be a fabulous experience.

Email us for more info: anandamarga.mexico@gmail.com

Program for 'Yoga and Detox Retreat', Mexico 2018

Fri 11th:	Afternoon:	Arrival & Registration. Welcome, introduction & orientation	
	Evening:	Meditation for Higher Consciousness: Learning Meditation and Kiirtan	(Dada S)
Sat 12th:	Morning:	Transcending the "Experts": Seeing through the Medical Brainwash	(Dada D)
	Afternoon:	Asana Detox Workshop	(Dada S)
Sun 13th:	Morning:	Disease: Your Best Friend	(Dada D)
	Afternoon:	Tantra: A Magical Mystery Tour	(Dada S)
	Evening:	Satsaunga: Traveling with the Mystic Master	(Dada D)
Mon 14th:	3 days' juice detox start		
	Morning:	Detox: The #1 method for Recovering Health	(Dada D)
	Afternoon:	Shamanistic Healing Workshop	(Nara)
Tue 15th:	Morning:	Food: understanding it easily and clearly	(Dada D).
	Afternoon:	Temazcal Ceremony - Shamanistic Detox	
	Evening:	Satsaunga: "Stories of a shaman"	(Nara)
Wed 16th:	Morning:	The 6 Elements of Natural Healing.	(Dada D)
	Afternoon:	Outing: Detox with clay and mudpacks	(Dada D)
Thu 17th:	Breaking the detox fast		
	Morning:	Brain, Lymph & Spiritual Progress	(Dada S)
	Afternoon:	Socializing at the pool and beach	
	Evening:	Cultural Night: 'The Lilly and the Moon' - Music & Art	
Fri 18th:	Morning:	Closing ceremony & Hasta Luego Amigos 😊	