

Web copy (below) for training session at Via Yoga in Sayulita, Mexico.



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VIAYOGA™ **Yoga Retreats in Sayulita Mexico**



[Rates](#)

Yoga retreat and surf camp dates and program

Arrival - Departure Dates	Retreat	Instructors
Feb. 2-8, 2007	Yoga for Everyone	Marianne Wells

Programs & Dates subject to change

February 2 - 8, 2007
with [Marianne Wells](#)

Yoga for Everyone
Join Marianne on an extraordinary journey of the body, mind, and spirit for a down-to-earth, fun-filled yoga vacation. Each morning, breathe deep as you bend, strengthen, and awaken your muscles and your minds with an invigorating a.m. yoga class. From there, we'll venture off to the beach, to the town, to wherever the day leads us as we take in the sights, savors, and sounds of Mexico. Upon our return, we'll round off the day with a restorative afternoon yoga class designed to truly relax you inside and out.

From the curious beginner to the seasoned enthusiast, this is one yoga vacation tailored to fit the needs of every individual. If you'd like to experience yoga with a fun and enjoyable twist, join Marianne for a week of exploration, laughter and sun. www.mariannewellsyoga.com

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