

YOGA SPIRIT



Retreat in Oaxaca (South Mexico)
A magical journey from the mountains to the Pacific ocean.

October 20th – 28th 2017



ALOSJAYOGA.COM

&



TIERRAVENTURA.COM

Program



<p>Day 1 October 20th 2017</p> <p><i>D</i></p>	<p>Oaxaca</p>	<p>Arrival in Oaxaca.</p> <p>Meeting point at Hotel Un Sueño Valle de Huajes (transfer on your own) http://unsueno.com/ciudad/ From 5.00 to 6.30 PM: Restorative yoga session 8.00 PM: Welcome dinner</p>
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<p>Day 2 October 21st 2017</p> <p><i>B</i></p>	<p>Oaxaca</p>	<p>Breakfast at La Olla restaurant http://laolla.com.mx/en/</p> <p>Visit of the archeological site of Monte Alban. Pranayama meditation on sacred site (1 hour) Afternoon free to explore the city.</p> <p>Overnight in Hotel Un Sueño in Oaxaca.</p>
<p>Day 3 October 22nd 2017</p> <p><i>B, D</i></p>	<p>Oaxaca</p>	<p>Visit of a traditional Indigenous market in the town of Tlacolula de Matamoros.</p> <p>Transfer to the Southern mountain range (driving time: 3 hours) From 5.00 to 7.00 PM: Yin yoga session.</p> <p>Overnight at Refugio Terraza de la Tierra in adobe shared cabins with fireplace. http://terrazadelatierra.com/</p>
<p>Day 4 October 23rd 2017</p> <p><i>B, L, D</i></p>	<p>Sierra Sur</p>	<p>Breakfast. From 9.00 to 11.30 AM: Hatha yoga session (restorative alignment) Lunch and free time to explore the surrounding forest. From 4.00 to 6.30 PM: Yin yoga session & meditation Dinner.</p> <p>Overnight at Refugio Terraza de la Tierra.</p>

<p>Day 5 October 24th 2017</p> <p><i>B, L, D</i></p>	<p>Sierra Sur</p>	<p>Breakfast. From 9.00 to 12.00 AM: Hatha yoga session & meditation. Lunch and transfer to San Sebastian Rio Hondo. Pranayama class Participation in a Temazcal (Indigenous prehispanic steam bath). Dinner.</p> <p>Overnight at Refugio Terraza de la Tierra.</p>
<p>Day 6 October 25th 2017</p> <p><i>B, D</i></p>	<p>Pacific coast</p>	<p>From 7.00 to 9.00 AM: Yin yoga session. Breakfast and transfer to San Agustinillo at the Pacific coast (driving time: 3 hours). Free afternoon at the beach. 1 hour Sunset Pranayama session at Punta Cometa. Dinner.</p> <p>Overnight at Cabañas Las Tres Marias in San Agustinillo. http://lastresmarias.com.mx/</p>
<p>Day 7 October 26th 2017</p> <p><i>B, D</i></p>	<p>Pacific coast</p>	<p>Breakfast. From 9.00 to 12.00 AM: Hatha yoga session & meditation. Free beach time. From 5.30 to 7.00 PM: Yin yoga session. Dinner.</p> <p>Overnight at Cabañas Las Tres Marias.</p>

<p>Day 8 October 27th 2017</p> <p><i>B, D</i></p>	<p>Pacific coast</p>	<p>Breakfast. From 9.00 to 12.00 AM: Hatha yoga session & meditation. Free beach time. Visit of the fresh water lagoon of La Ventanilla. Boat tour to observe and enjoy the fauna, the flora and sunset. Dinner.</p> <p>Overnight at Cabañas Las Tres Marias.</p>
<p>Day 9 October 28th 2017</p> <p><i>B</i></p>	<p>Pacific coast</p>	<p>Early ocean boat tour to observe sea turtles, (with luck) dolphins. Brunch and transfer to Oaxaca city (driving time: 6 hours).</p>

Price per person in US\$

<p><i>early</i>  1575.00 (before June 20th)</p>
<p><i>punctual</i>  1710.00 (before September 20th)</p>
<p><i>single room supplement</i> 135.00 (only available in the city of Oaxaca and at the Pacific coast)</p>

Additional information about the program:

Yoga & spirit, a magical journey from the mountains to the pacific coast, is a collaboration between Claudia and Yves from TIERRAVENTURA.COM and Alosja from ALOSJAYOGA.COM

Alosja Van Leuween

After 10 years of working behind the gaming tables in Casinos all over the world, Alosja knew a change had to come. The casino work was repetitive and lacking in inspiration.

She discovered yoga in 1995. After trying different styles like Ashtanga, Vinyasa and Iyengar, she found the teacher and yoga style that felt absolutely right.

In 1999 she took the yoga teacher training in Critical Alignment Yoga in Amsterdam and is a certified yoga teacher since then. In 2006 she moved to Oaxaca, Mexico where she now lives and teaches fulltime.

Claudia Schurr and *Yves Chavan* are the owners of [tierraventura](http://tierraventura.com), an ecotourism travel company specializing in helping tourists experience the unique culture, nature and ecology of Oaxaca (tierraventura.com)

[tierraventura](http://tierraventura.com)'s top priority is to introduce people to the beauty of the local environment while supporting ecological and community projects in a responsible and sustainable way. Yves and Claudia will be responsible for all of the in-state travel and room and board arrangements.

YOGA STYLES

At the beginning of the retreat we will do restorative and yin yoga, to soothe the nervous system, learning to release deep layers of tension, allowing to become quiet physically and mentally, experiencing deep relaxation and greater awareness. Restorative yoga balances and strengthens our immune system, yin yoga teaches us to be more receptive, and improves flexibility. We finish the retreat with three days of Critical alignment yoga, a method where the emphasis is on realigning and strengthening the spine. Becoming aware of negative postural habits, learning to work and fortify from relaxation. So our movements are more free and fluid.

INDIGENOUS PREHISPANIC STEAM BATH / TEMAZCAL

The temazcal is an indigenous vapor bath of both therapeutic and religious importance. It is used as a method of physical and spiritual purification that allows us to step out of our daily experience and reach a level of consciousness similar to that of meditation.

The four elements of nature are brought together in the temazcal, fire, water, air and earth (in the form of healing herbs). Together they serve to relax both body and mind.

DIA DE MUERTOS OR WHEN THE DEAD RETURN

Stay longer and celebrate the fiesta of the year in Oaxaca....

Mexico's most characteristic and perhaps oddest fiesta, Día de Muertos has its origins in the belief of the prehispanic people that the dead could return to their homes on one day each year. The underlying philosophy is that death does not represent the end of a life, but the continuation of the same life in a parallel world. The day when the dead could return is a month after the autumn equinox. The occasion requires preparation to help the spirits find their way home and make them welcome. An arch made of bright yellow marigold flowers is put up in each home, as a symbolic doorway from the underworld. Tamales, fruits, chocolate, corn and salt is placed in front of the altar, along with pictures of the dead and containers of water because the spirits are always arrive thirsty after their journey. Every family will prepare an altar, they decorate the graveyards and spend the whole night singing and celebrating with the dead.

5% of your payment will be used as a donation to Angeles del Cielo Oaxaca (homeless animals) and to a small community school in San Sebastian Rio Hondo/Sierra Sur