



Walk barefoot for a week...

Re-discover what you need...
to live a perfectly balanced
and fulfilling life.

Yoga Retreat in Maya Tulum, Mexico with Sharon Tessandori July 7 – 14, 2012 Register: 1-888-515-4580

Sometimes it is harder to access time, space, support, and inspiring scenery at home...

Prepare to be amazed by what you discover around and within you when you join me for seven glorious days in Maya Tulum, Mexico this July.

This time will allow you to slow down, and feel the balance and harmony that comes from aligning with nature's rhythms. This is what Yoga practice is all about.

It's about knowing yourself and joyfully living with your eyes and heart open. Your natural state is health, happiness, and pure goodness. We often complicate this inherent wisdom with our doubts, worries, judgments, and fears.

Benefits you'll enjoy on this yoga retreat:

- Relax and enjoy the company of like-minded people
- Connect to your body with the help of daily yoga sessions, walks on beach, and mind blowing massages (optional)
- Remove the daily clutter and to-dos from your mind
- Eat wonderfully fresh and healthy foods

Retreat in Paradise includes:

- accommodations for seven nights*
- three (mostly vegetarian) meals per day
- all yoga sessions
- unlimited sun, sand and sea
- * Maya Tulum was rated one of the "Top Resorts in the World" by Forbes Magazine.

For more details visit: barefootworks.com/retreats_mexico.html

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