

Shakti hits the Beach!

Yoga, Surf & Meditation Retreat at Vivo Resorts Casa Rubia in Puerto Escondido, Mexico



October 15 – 22

Please join us for:

- Six nights at Vivo Resorts Casa Rubia (www.casarubia.com)
- Yoga, practiced twice daily
- Surfing
- Meditation & Massage
- Hiking
- Live music



The retreat will also include:

- Gourmet dining at Casa Rubia and off premises (vegetarian options)
- Maníaltepec Lake wildlife and bird watching cruise
- Ocean Boat Tour
- Transportation with transfers to/from the airport

Prices will begin at \$1,900. Detailed rates will be available in July



“An idyllic beach town stuck in time,”
(*Frommer's Mexico 2010*) Puerto Escondido offers stunning beachscapes, world renowned surf, alternative therapies, vegetarian cuisine, lively cafes, and charming markets.