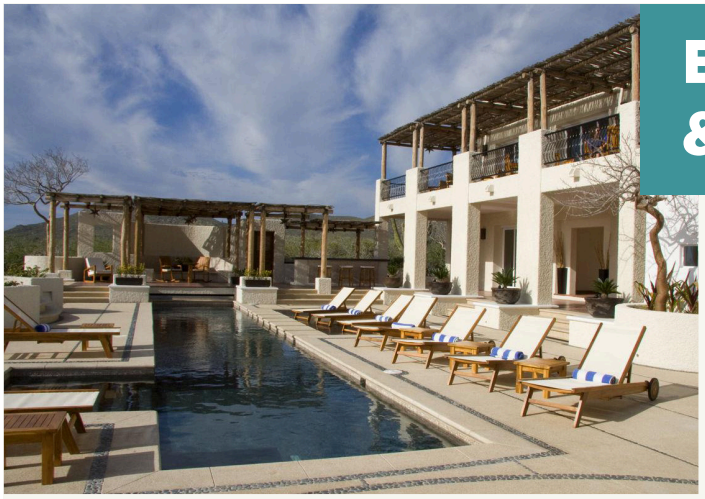


ELIZABETH NEUSE FLINT & ERIN TEAGUE

YOGA RETREAT IN BAJA DEL SUR

March 22-28, 2014

PRANA DEL MAR RETREAT CENTER

Join Elizabeth Neuse Flint and Erin Teague for their 5th annual *Living Yoga Retreat*. You will enjoy two daily yoga sessions including Vinyasa flow, Yin and Restorative, morning meditation on the beach and evening yoga nidra under the stars. Optional excursions include whale watching, surfing and horseback riding.

You will be treated to three gourmet organic meals a day prepared by the famous Chef Manolo, as well as unlimited tea, coffee and fruit. Prana del Mar offers luxurious single rooms with king beds and spa tubs, as well as spacious double rooms with full kitchen and gorgeous views.

www.pranadelmar.com

ACCOMMODATIONS:

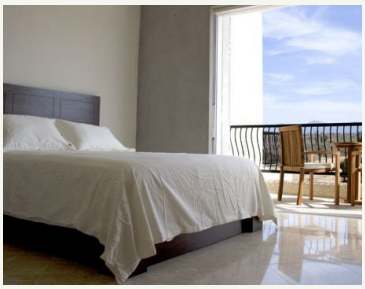
Save $100 off the below pricing when you register and pay in full by January 15, 2014!

Double Occupancy:	$1,900
Single Occupancy:	$2,200

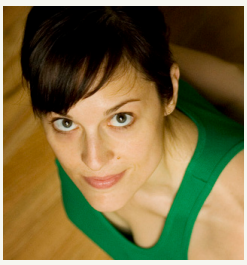
All prices above are on a per person basis. Includes six nights at the Prana Del Mar Retreat Center, yoga, and three meals daily. A free shuttle to and from the airport will be provided on the first and last day of the retreat. Airfare is not included.

REGISTRATION INFORMATION:

Arrival: Anytime on Saturday, March 22
Departure: Anytime on Friday, March 28



Elizabeth
ejneuse.com



Erin
erinyoga.com

REGISTER NOW!

Email ej@ejneuse.com

Limited space available. An advanced deposit of $500 is required to reserve your space.

RETREAT POLICY: $500 deposit is due by February 15, 2014. Final payment is due in full by March 1, 2014. Deposits will be refunded up to 30 days prior to the retreat. Final payments made less than 30 days prior to retreat will not be refunded. In the case of an emergency payment can be transferred to another participant or used for a future retreat with Elizabeth Neuse Flint.

yogaworks® FOR EVERYBODY