

JAMAICA

YOGA RETREAT WITH MARIA RUBINATE,
BARBARA VERROCHI, AND KRISTIN LEIGH

APRIL 4-9TH, 2018

TAKE YOUR PRACTICE ON VACATION! A 3.5 HOUR PLANE RIDE BUT
A WORLD AWAY. AT JAKES TREASURE BEACH OFFERS A
BEAUTIFUL LOCATION FOR RELAXATION AND CONTEMPLATION.



ASHTANGA AND VINYASA YOGA, PRANAYAMA,
MEDITATION, CHANTING, & PHILOSOPHY

(no prior experience with Ashtanga required)

- Optional activities include swimming, snorkeling, kayaking, cooking classes, community work, adventures, reading, and more!
- Accommodations, delicious home-cooked food, yoga classes, and a group excursion included in cost (ranging from \$1825 to \$2575, airfare not included)
- Email info@theshala.com or call 212.979.9988 to learn more

