

Yoga and Chanting in Paradise



Peace and Rejuvenation Retreat on Isla Mujeres, Mexico
with Saul David Raye, Dave Stringer, Malcolm Groome and Abby Wills
July 30th – August 6th, 2005



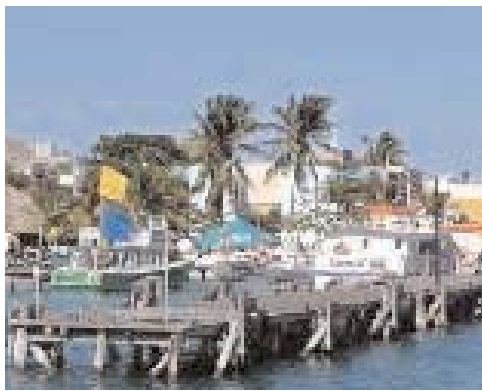


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Join Saul, Dave, Malcolm and Abby for a week of magical adventure, yoga-style, on Isla Mujeres, off the Yucatan coast in Mexico. Experience daily heart-opening yoga practice with Saul, ecstatic chanting with Dave, sacred ritual and shamanic pilgrimages with Malcolm, and joyful community. In the transformational serenity of retreat, time seems to slow down, and there are abundant opportunities to connect with spirit, with one another, and with our deepest selves. This is the perfect counterpose to the frenetic pace and pressures of modern life.



Isla Mujeres is relaxed and unpretentious, with a bohemian ambience, simple shops, a few restaurants and cantinas, colorful fishing boats and only a single road. This eight-kilometer-long by one-half-kilometer-wide wisp of an island sits just 6 km off the coast to the northeast of Cancun. It's easily accessible via a twenty minute boat trip from the mainland, but it's still a refreshing throw-back to the days before the "Mexican Riviera" even existed. The island got its name ("The Island of Women") from the Spaniards who landed here in the 17th century and found hundreds of female figurines along with a temple dedicated to the goddess Ixchel. Inhabited since pre-Columbian times, it is believed to have been an ancient Mayan sacred place. After the reign of the Mayans, the island became a stop for pirates to get supplies.

For more information on Isla Mujeres: www.isla-mujeres.net/home.htm



The retreat will be family-friendly, and we're offering a special kid's yoga and adventure camp so parents can focus on their own practice and the kids will have an amazing experience of their own. We will be staying and practicing at the Hotel Na Balam, located on a beautiful white sand beach, bordered on both sides by the crystalline water of the Caribbean. The hotel also features a beautiful pool. The rooms are small cottages in the midst of lush gardens. Each room has one king sized or two queen sized beds, air conditioning and ceiling fans, and a terrace or balcony. All accommodations have in-room safety deposit boxes, and 24 hour security protection.

For more information on the retreat center: www.nabalam.com



The teachings of Yoga have traditionally been shared in powerful and natural settings. Living in close communion with the Earth, in the energies of nature, opens us to the beauty and sacredness of life. Awaken each morning to the sunrise and have a morning swim or walk on the beach. Enjoy a light breakfast before morning meditation, pranayama and chanting, then dive into a 2 1/2 hour yoga practice. Afternoons are open to explore this paradise. Mayan ruins and world-class snorkeling and scuba diving are located nearby. Each day concludes with a dinner of freshly prepared regional specialties and an evening satsang of music, stories and shamanic ritual. You can travel lightly: all yoga props and meditation cushions are provided.



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Accommodations and Costs

Mayan Poolside Cottage - \$1595 (double occupancy)

Mayan Beachside Cottage - \$1850 (double occupancy)

Single Occupancy add \$425. Hotel policy defines Single and Double Occupancy as referring to the number of paying adults.

Kids 12 and under \$400 - includes food, accommodation and Kids Yoga Camp.

Price includes accommodations for seven nights, all meals of local gourmet vegetarian cuisine, yoga classes, kirtan, and kids activities.

Space is limited for this retreat. Pre-registration is required.

Airfare is not included. Transport from airport to the island add \$60 per person.

Companion Price - Bring a friend and receive a 5% discount for yourself.

Arrival and Departure

Please book your own airline reservations. If possible, plan to arrive in Cancun by mid-day Saturday, July 30th and depart Cancun mid-day the following Saturday, August 6th. This will allow time to get to and from the airport.

Important Note: Please remember to pack your passport – it is now required for entry by air into Mexico, and for re-entry to the United States.

Visas are not necessary for American citizens.

Booking Information

For more information please contact:

Saul 310-313-5076 / thaiyoga108@yahoo.com or Dave 323 851-8181 / chant@davestringer.com

All accommodations are booked on a first come first serve basis. A non-refundable deposit of \$700 will hold your space. \$200 deposit for children under 12. Balance is due by June 30, 2005.

Please make checks payable to Saul David Raye and send to:

Saul David Raye, PO Box 903 Topanga, CA. 90290.

Please contact us first to let us know what accommodations you wish to reserve.



Saul David Raye began practicing yoga and meditation as a teenager. Inspired by his first Dharma teacher, Yogavachara Rahula, he spent a year living and studying in the forest at Bhavana Society, a Buddhist monastery. He later travelled for several years in East Asia and India studying yoga, pranik healing and Vipassana meditation, and was personally certified to teach by Asokananda, one of the world's foremost experts in traditional Thai massage. The co-founder of the Sacred Movement Center for Yoga and Healing in Los Angeles, Saul currently directs the Thai Yoga Therapy training program at the White Lotus Foundation and leads yoga workshops, intensives and retreats around the United States. Saul is known for his inspiring and universal approach to teaching, which honors yoga practice as a sacred journey of healing.



Dave Stringer has been profiled in Time, Billboard, In Style, and Yoga Journal as a leader of the new American kirtan movement. His sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sound of American gospel. Initially trained as a visual artist and jazz musician, Dave started chanting in the early 1990's when a film editing project brought him to the ashram of Swami Muktananda in India. After returning to the US, Dave taught meditation to prison inmates, and began leading kirtans at yoga studios all over the United States, Canada, and Europe. An engaging public speaker, he probes the dilemmas of the spirit with a wry and unorthodox sense of humor.



Malcolm Groome has studied Raja Yoga in India, Tibetan Buddhism in Nepal, Umbanda and Spiritism in Brazil, and has been studying with shamans in the Native American, Celtic, and South American traditions for the past fifteen years. A practitioner of Vipassana, Tantra, and Dzogchen, he has also trained in various modalities of bodywork, is a third-degree Reiki master. He went on peace missions to Ireland in 1994 and to the former Yugoslavia in 1995, where he worked with the Global Children's Organization. Malcolm is based in Topanga, California, and his practice of shamanic healing incorporates energy work, touch, indigenous traditions, and the teachings of non-dualism.



Abby Wills received certification in Kerala, India at Sivananda Vedanta Yoga Ashram. With over 12 years experience teaching children, Abby is devoted to sharing the light of yoga with youth of all ages. Blending wisdom from Indian, Tibetan and Taoist yoga traditions, Abby's classes are a hybrid of contemplative form, guided meditation, chanting, breath awareness, relaxation, dialogue and fun! Further studies include Yoga Works teacher training, YogaEd certification, yoga philosophy at Loyola Marymount University, world dance explorations and Dzogchen meditation practice with the guidance of Tsoknyi Rinpoche. Abby currently teaches kids and teens at New Roads School, Crossroads School, the Walther School, Liberation Yoga, Silverlake Yoga and Mission Street Yoga.