



YOGA MARGI

Yoga | Insight | Adventure | Therapy



YOGA + INSIGHT

Hotelito Los Sueños

Sayulita, Mexico

FEBRUARY 8-15, 2015

Deepen your practice and broaden your horizons! Reset intentions with a fresh perspective. With daily yoga and meditation classes you will see the fruit of your practice ripen. You will develop and enhance skills of self-awareness that bring both you and those around you a sense of peace and vitality. Yoga + insight retreats are both relaxing and invigorating with plenty of time built in for self-reflection and camaraderie so you can come alone or with a friend.

Your guide is Margi Clifford, professional counselor and experienced yoga teacher who integrates techniques of hatha yoga, insight meditation, psychology to promote well-being in individuals and communities. Her students at home in Alaska and on excursions worldwide, enjoy strength and flexibility of body and mind. Her classes are fun and supportive and especially appropriate for those who enjoy a balanced practice and time for conversation.

www.yogamargi.com