



**YOGA MARGI**

Yoga | Insight | Adventure | Therapy



# YOGA + INSIGHT

Hotelito Los Sueños

Sayulita, Mexico

**FEBRUARY 8-15, 2015**

Deepen your practice and 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 relaxing and invigorating, deeply personal and wonderfully communal.

Your guide is Margi Clifford, professional counselor and experienced yoga teacher who promotes well-being in individuals and communities. Her students at home in Alaska and on excursions worldwide, enjoy strength and flexibility of body and mind. Classes are fun and supportive, balanced with therapeutic intent. Inversions, backbends, forward bends, twists and restorative postures will all be explored.

[www.yogamargi.com](http://www.yogamargi.com)