

Downtown Yoga

“Spring Renewal Retreat”

April 18 – April 25, 2015

The Haramara Retreat Center

www.haramararetreat.com

Sayulita, Mexico



Why this retreat?

The “Spring Renewal” 2015 Retreat will begin on the Saturday, April 18, 2015. This promises to be a perfect week to begin the process of looking inward, and at renewing our deepest selves.

This retreat is offered as a gift to you. We invite you to renew, to relax, to refresh, and to remember what is – and what continues to be - important in your life.

Kate & Jim Coughlin are honored to be your hosts and yoga guides during this week.

220-B Division Street – Pleasanton, CA 94566
925-819-9983

info@pleasantonyoga.com

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What can you expect?

Expect the most serene, romantic, peaceful, tropical resort on the Western Hemisphere at your disposal. Expect an ocean view and no interruptions or disturbances of “modern” life (i.e., television, radio, traffic, etc.). Expect exceptional vegetarian cuisine three times a day. Expect two yoga practices and one meditation practice each day in an open air setting. Expect peace, quiet and serenity as the norm. Expect the ocean air to fill your lungs with Pacific-charged prana. Expect first class service. Expect to relax with friends and fellow yogis. Expect to awaken the joy and bliss you’ve known was there all your life. Expect to feel overwhelmed with gratitude and thanks. Expect this and much more.



Where is Sayulita, Mexico?

The Haramara Retreat Center is located approximately 40 miles north of Puerto Vallarta, Mexico in the small fishing town of Sayulita, Mexico. Haramara is a sacred Huichol word meaning- “Grandmother Sea.”



How many people are going?

Kate and Jim Coughlin have decided to host 16 people at this retreat.

What level of yoga practice do I need to have?

Any level of yoga practitioner is welcome to register for the retreat. This retreat won’t be about “teaching” yoga like we do in regular classes at the studio. This is about enjoying and experiencing our practice as it is. It’s about accepting our practice and using it as a tool for an inward experience – an opportunity to go deeper into the sheaths (koshas) and find our inner being (anandamaya kosha). Don’t worry – you won’t be “over-challenged” physically during this week. This is a vacation, as much as a retreat.

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What arrangements will I need to make on my own after I register for the retreat?

A U.S. Passport is now required to travel to Mexico. Additionally, you will need to arrange for your own air transportation. United Airlines and Alaska Airlines have direct flights from SFO to Puerto Vallarta (PVR). The all-inclusive registration fee for the retreat includes: 7 nights lodging, 3 vegetarian meals a day and all yoga and meditation classes.

What are the accommodation arrangements and pricing?

The price includes 7-nights lodging, 3 gourmet vegetarian meals a day, and all yoga and meditation classes during the retreat.

There are two options for accommodations.



Double Occupancy - There are several double-occupancy rooms available, all with breathtaking views of the coast and surrounding jungle.

\$1,779 per person. Early discount price (good through 12/31/14) is \$1,559 per person

Single Occupancy – If you desire the utmost privacy and seclusion, the single occupancy room will provide this setting.

\$2,379 per person. Early discount price (good through 12/31/14) is \$2,129 per person

How and when do I pay?

A deposit of \$250 with your registration application will reserve your spot. 50% of your total registration price is required no later than December 31, 2014. The entire registration balance is due no later than March 15, 2015.

How soon will the Retreat fill up?

It's hard to say. But our recommendation would be to register early to get the accommodation and pricing you want.

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Is it safe? What if you've never been to Mexico?

The Haramara Retreat center hosts several dozens of yoga retreats every year with world-renown instructors and practitioners. They are fully designed and equipped to support a safe, friendly and professional environment. This resort tends to be booked years in advance as many groups return again and again, year after year.

What if I can't go after I've registered? Is there a refund policy?

There is a full refund of registration fees (less \$100 administration fee) if we receive your cancellation on your before December 31, 2014. After December 31, 2014 we will refund all registration fees (less \$250 administration fee), as we will try to refill your slot. No refunds after March 31, 2015.

What usually happens on a retreat?

On a retreat you can leave behind the concerns and demands of your everyday routine. By being away from the noise and clutter of the city, you can begin to truly relax and open up. You will unplug from your laptop, blackberry, iPod, television, radio and internet. At the same time our retreats aren't just 'holidays away from it all'. They are an opportunity to deepen your awareness of yourself, other people, and the world around you. They enable the process of clarifying what is essential in your life from what is merely 'the business of living'. As such, a retreat can be both challenging and very rewarding.

A daily yoga asana practice, a healthy vegetarian-based diet, periods of meditation, discussion and silent reflection all provide the context for this process. On a retreat you have the opportunity to share time, ideas and inspiration with like-minded people. Most people find a sense of community develops as the retreat progresses, and many form lasting friendships from their experience.

Our retreats are open to everyone. That means you don't have to be an advanced yogi – or indeed have any intention of becoming one. Everyone is welcome.

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Who are Kate and Jim Coughlin, and why would I want to go on a retreat with them?

Kate and Jim first met in June of 1985 and were married on May 17th, 1987. For over 20 years their relationship has been built on mutual respect, love and spiritual growth. They became parents to twin daughters in December of 1990. In March of 2002 they opened Downtown Yoga in Pleasanton, California. Downtown Yoga became a Yoga Alliance registered teaching school in 2005. Kate and Jim have trained and certified over 2-dozen yoga teachers to date. In November 2008, Kate and Jim led their first successful yoga retreat at Haramara. This is your opportunity to return to Sayulita, Mexico with Kate and Jim.



Kate teaches yoga from the heart in the Iyengar and vinyasa tradition. Experience precision, detailed instruction, and individual attention with the joy of movement and self-discovery. Kate is the creator of Stanford University's Yoga program and a graduate of Erich Schiffman's teacher's program. She currently studies with Donald Moyer in Berkeley. Kate is an Experience Registered 500-hour Yoga Teacher with Yoga Alliance (E-RYT 500)

Jim was introduced to yoga in 1967 at the age of 10. He began practicing yoga in earnest in 1993. Jim has traveled to India frequently during the last 3 years to expand his knowledge of yoga with his teacher Arun H.S. Jim teaches yoga with a sense of humor and grounded in the fundamentals of the Yoga Sutra's of Patanjali, the Bhagavad Gita, and the teachings of B.K.S. Iyengar.



What are the next steps?

Complete the attached Registration Application and return with your deposit of \$250 made payable to Downtown Yoga before December 31, 2014 in order to receive Early Discount pricing and best available accommodations.

If you have any additional questions or special requirements, please contact us at:

Kate and Jim Coughlin
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925-819-9983

Jim's email – info@pleasantonyoga.com

Kate's email – asanakate@yahoo.com

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Haramara Retreat

April 18-25, 2015

REGISTRATION FORM

Name: _____

Address: _____

City, State ZIP _____

Phone: _____ Cell: _____

Email: _____

Check your preference:

___ Double Occupancy \$1,779 (\$1,579 on or before 12/31/14)

___ Single Occupancy \$2,379 (\$2,179 on or before 12/31/14)

Will you be sharing a room with another attendee (NAME): _____

Deposit of _____ (\$250 minimum deposit for each attendee) enclosed. Make checks payable to: Downtown Yoga .

Balance of _____ (Total rate – less deposit) due as follows:

- 50% of total registration fee due not later than 12/31/14
- Balance of all registration fees due no later than 3/18/15

DATE: _____ SIGNATURE: _____