

# Misión de los Arcos

Introducing a new concept  
in the hotel industry,  
“Budget Boutique.”

Who says that comfort and luxury have  
to be expensive?

*Misión de los Arcos was created with a  
simple concept in mind: offer travelers  
clean, comfortable lodging at an affordable  
price in a friendly atmosphere and they will  
come back time and time again. Since our  
opening in January 1997, our plan has yet  
to fail us.*

*We have built a loyal clientele among  
tourists and businessmen alike who have  
come to count on our personalized service  
and pleasant surroundings whenever they  
visit Huatulco.*

<http://www.misiondelosarcos.com>



## Planned Schedule

**7-8:15 AM** Asana & pranayama class

**Free until 5 PM:** enjoy the many options to  
explore Huatulco. See archeological ruins, dive  
along a reef, do a wave-runners tour, golf,  
explore the jungle or rest on one of the many  
amazing beaches. So much to do in this amazing  
place!

**5-5:30 PM** Satyananda Yoga Nidra

**5:30-6:45** Lecture

**6:45-7** Break

**7-7:30** Discussion with Q & A

**7:30-8 PM** Meditation

(Please note: schedule may be adjusted to enhance your  
experience.)

## Yoga Academy of North America

**Educate · Serve · Transform**

The Yoga Academy of North America  
is internationally affiliated with  
the Bihar School of Yoga in India.

Since its inception in 2004, it has provided  
in-depth education in traditional yoga theory  
and practices to students from over 30 states  
in the US and 20 countries around the world.

Our courses are for serious students of yoga  
who want to expand their knowledge and are  
open to the possibility of being transformed  
through the process.

YANA is a tax-exempt nonprofit that also  
promotes and supports seva projects within  
our global community.

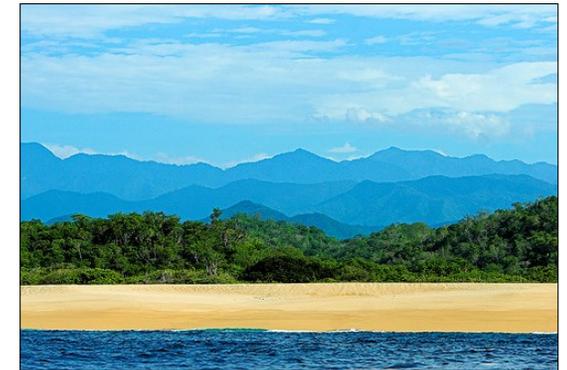
**BIHAR YOGA** and Satyananda Yoga Nidra® are  
registered trademarks of IYFM used under license.

# Chakras & The Evolution of Personality

Understanding Yourself

**A Very Special Retreat with  
Swami Atmarupa**

**March 18-25, 2018**



An exciting opportunity  
to expand your yogic  
wisdom and still have  
time to explore  
Huatulco, Mexico.



**BIHAR YOGA**

## Chakra Retreat

The chakras are energy centers where all of the koshas, or dimensions of our being, intersect; the physical, energetic, mental, intuitive and spiritual. Understanding the chakras will give you new insights into your personality as well as the personalities of those with whom we are in varying relationships. Through this understanding there is an evolution of awareness that creates a more harmonious and integrated relationship with one's self and with the world.



This retreat will provide the opportunity to experience valuable and accessible ancient tantric practices that have been adapted to modern times. These practices will increase mental stability, creativity and emotional resilience. In addition to the lectures, the chanting of chakra mantras, a daily yoga nidra practice and a meditation to purify the chakras will be included.

Let go of your daily obligations and feel supported by like-minded people. Enjoy all that Huatulco has to offer, and nurture your yogic life.

This course is suitable for all.

**Swami Atmarupa** is the only Yoga Acharya in the US representing the Bihar School of Yoga. She is the Education Director of the Yoga Academy of North America and the Founder and Director of the Atma Center in Cleveland Heights, OH. She has over 22 years of yoga teaching experience. Always a student of altering states of consciousness, Atmarupa was a certified registered nurse anesthetist for over 25 years.

### The Place:

Started by the Mexican government in 1984 as a way to create jobs on the Oaxacan coast, Huatulco (pronounced wah-TOOL-co) is one of nine federal tourist destinations operated under Mexico's Board of Tourism. Huatulco is made up of nine bays and numerous small coves stretching along 35 kilometers of jagged coastline, including 36 white sandy beaches. Huatulco is located where the foothills of the Sierra Madre del Sur Mountains meet the Pacific Ocean.

**Because this is a busy time of year, please book flights and accommodations as soon as possible. Rooms blocked until January 31, 2018.**



## Sign-Up Form

7 Day course fee is \$490 by Dec 1 and \$550 thereafter. Final deadline March 1.

Room rates are about \$40-50 per night and can be booked directly at:

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

Name

Address

Email

Phone

Method of Payment:

Check

Visa

MasterCard

Credit Card #

Exp. date

Signature

Billing address

CV Code

**Neither Swami Atmarupa nor the Yoga Academy of North America is functioning as tour operator and assumes no liability as such. Transportation, food, tips and taxes, and any other activity bookings are the sole responsibility of each participant.**

**I assume responsibility for my travel and hereby acknowledge that my health will allow me to participate in the yoga classes. I further understand there is no refund for cancellations; however, my fees will then be eligible for a tax deductible donation to YANA.**

Signature