

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.

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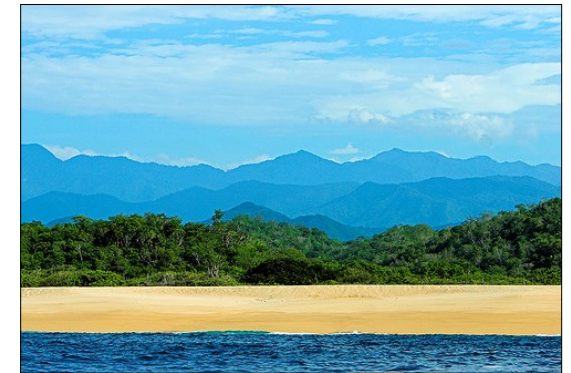
Chakras & The Evolution of Personality

Understanding Yourself

**A Very Special Retreat with
Swami Atmarupa**

March 17-24, 2018

Revised Dates



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

Prices reduced! 7 Day course fee is \$450 by January 15 and \$500 thereafter. Final deadline March 1.

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

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 _____