

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. -Sherry and Sam, owners*

<http://www.misiondelosarcos.com>



Planned Schedule

7-8:15 AM Asana & pranayama class

Free until 4:45 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!

4:45-5:15 PM Satyananda Yoga Nidra

5:15-6:30 Lecture

6:30-6:45 Break

6:45-7:15 Discussion with Q & A

7:15-7:45 PM Meditation

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

Yoga Academy of North America

Educate · Serve · Transform

Since its inception in 2004, the Yoga Academy of North America has provided in-depth education in traditional yoga theory and practices to students from over 30 states in the US and 15 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.

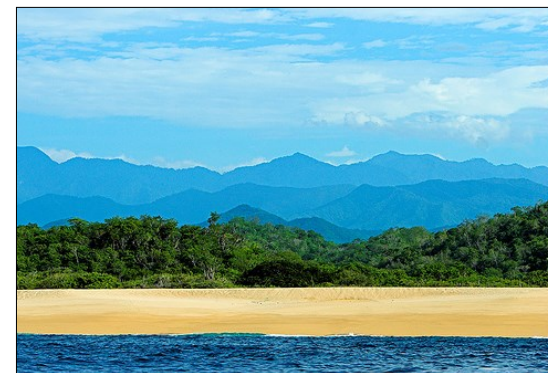
YANA is a tax-exempt nonprofit that also promotes and supports seva projects within our global community.

Tattwas: The Elements of Creation

Establishing a Connection With All
Levels of Your Being

**A Very Special Retreat with
Swami Atmarupa &
Swami Nirmalratna**

February 16-23, 2019



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

Tattwa Retreat

Earth, water, fire, air and space are the building blocks of our very existence as well as everything in the universe. In yoga philosophy these are called tattwas, the principles of reality, or aspect of 'thatness'. We may not realize how these elements affect us, nor how to optimize our tattwas through our yoga practices and lifestyle to move more fully into our own potentiality.

This retreat will provide the opportunity to experience valuable and accessible ancient tantric and yogic practices that have been adapted to modern times. These practices will increase mental stability, creativity and emotional resilience.

Each day one of the elements will be the focus of the day's practices, and at the end of the week, we'll integrate all of this into a very special set of practices that you can continue at home.

What better place to embrace earth-with the mountains, water-with the ocean, fire-with warm, sunny days, air-with gentle breezes, and space-to just be.

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 been teaching since 1995.



Swami Nirmalratna is originally from Australia. Since 1983, she has resided in ashrams in Australia, Greece, iRikhia, India with Paramahansa Satyananda, and currently in Munger, India at Bihar School of Yoga with Swami Niranjanananda.

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 a federal tourist destination 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 1, 2018.

More info: www.misiondelosarcos.com

Sign-Up Form

7 Day course: \$420 by Nov 1 & \$490 after. Final deadline Feb. 1. **Limited to 15 people.**

Room rates are about \$35-50 per night and should be booked directly with Sherry.

Contact: sherry@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