



YOGA VACATION IN GUATEMALA

Santa-Cruz-La-Laguna, October 6–12, 2018

Yoga & Holistic Health Vacation in Guatemala

—*Includes:*

- n Accommodation for 6 nights in the charming wellness center Villa Sumaya
- n Three daily copious vegetarian meals
- n Two daily Integral Hatha Yoga class
- n One daily morning meditation
- n One daily evening deep guided relaxation
- n One workshop about how to create your daily healthy routine
- n Presentations by Swami Asokananda and Kālyana
- n One ceremony with a Mayan Shaman



Join Swami Asokananda and Kālyana for this precious yoga vacation. Come and nourish your soul at the exclusive Villa Sumaya located in Santa Cruz La Laguna in the heart of the Mayan highlands on the shores of Lake Atitlán.



Dive deeply into the Integral Yoga Institute and Kalyana Ka healthy life style. Enjoy a daily yoga practice overlooking the beauties of the lake. Listen to presentations by Swami Asokananda and Kālyana that will emphasize the ultimate goal of yoga - the quietude of the mind. Return home refreshed and inspired with the tools to keep this positive momentum in motion.

PRICE PER PERSON - From \$1550 USD

PRICE FOR A COUPLE - From \$2950 USD—Bring someone you care for with you to share this precious sojourn and save!

Ask for the e-brochure with the full program and rates.

Contact Info:

Kālyana Karine AMALRIC

Certified Yoga Teacher 500 RYT, founder of Kālyana Ka and Inspired Yoga Travels

Cell: +1 914 482 2619

Email : contact@inspiredyogatravels.com

www.inspiredyogatravels.com

Integral Yoga Institute

(212) 929 0585

Email : info@iyiny.org

www.iyiny.org