

# Yoga Vacation in Mexico Feb 26 - Mar 5, 2022

From Villas Shanti Resort, it is a 15-minute walk to the peaceful, quiet village of Puerto Morelos. Just a half-hour south of Cancun, yet far removed from the crush of civilization, the tranquil shores of Mexico offer everything for a restful yoga getaway. Here you will find the relaxed approach to life for which the tropics are famous. In town are a number of excellent restaurants that cater to the preferences and variety of visitors' needs as well as a marketplace with local produce.

## Schedule

Our daily schedule will include meditation, asana, and pranayama practice. William Prottengeier and Gabriel Halpern's unique teaching gifts provide a solid base of challenge and fun. This vacation will heal and transform.

**Arrival:** Fly into the Cancun airport, which is 30 minutes by taxi from Puerto Morelos. Once we have your flight arrival information, we will try to connect you with someone else from the group arriving at approximately the same time to arrange an airport pick-up.

**Check-in** is Saturday, Feb 26 in the afternoon. There will be a restorative class from 5:30-6:30 pm that evening, followed by a welcome dinner at 7:00 pm. **Departure:** We will share a farewell dinner Friday, Mar 4. Classes conclude Saturday, Mar 5, with class ending at 9:00 am.

## Daily schedule:

Meditation 7:30 - 8:00 am  
Asana class 8:15 - 10:00 am  
Brunch served after morning classes  
Restorative/Pranayama class 5:00 - 6:00 pm  
No class Wednesday afternoon. Take an extended day trip or enjoy a day of leisure. There will be some evening activities. We guarantee a great time with a fantastic group of yogis from around the country.

## Accommodations

The double rooms at Villas Shanti are located around a central courtyard, with private bath and kitchenette, and overlook a freshwater pool. Bottled water and maid service are included. The resort is private, secure and quiet. The beach is across the street, with a fabulous reef for snorkeling.

## Cost

\$1,450 double occupancy (per person)  
\$1,700 single occupancy (per person)  
Single accommodations are available except on the very rare occasion that Villas Shanti does not fill. Overflow housing is available within a five-minute walk. For single accommodations and accommodations either before or after the yoga vacation, contact Jack Lowe at jeanloew3@gmail.com

## What's Included?

Included in the cost:

- Accommodations and 19% tax
- All yoga, pranayama, meditation classes and use of props
- Daily brunch
- Welcome dinner, ritual night dinner and farewell dinner

## Not included in the cost:

- Airfare
- Airport transfers:  
\$50 from the airport to Villas Shanti.  
\$30 from Villas Shanti to the airport.  
(The cost is shared with other Yogis.)

## Questions?

If you have questions, please call or email:

Gabriel  
773.550.7906  
themeiste@yahoo.com

William  
612.799.5857  
prottengeier@gmail.com

## Registration Form for Yoga in Mexico

**How to Register** - If you would like to join us in Mexico, we urge you to register promptly, as space is limited.

Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City / Zip \_\_\_\_\_

**Reserve Your Space** - Initial \$300 deposit due by January 1, 2022.

**Balance** of \$1,150 for a double or \$1,400 for a single due by Feb 1, 2022.

**After that date**, no payments will be refunded unless we can find someone to take your place.

**Payment Information** - To reserve your space, please send a \$300 deposit. Balance is due by Feb. 1, 2022.

\$1,450/double  
I want to room with \_\_\_\_\_

OR

\$1,700/single  
Amount Enclosed: \$ \_\_\_\_\_

**Please send your deposit to:**

Gabriel Halpern  
1853 Newcastle  
Chicago, IL 60707