



## Harmony Yoga Pilates Studio

### 4<sup>th</sup> Annual Mexico Yoga Retreat

with **Helen Mikuska**, E-RYT500, IYTA, SOYA ~ **Feb. 11-18, 2012**

**Daily Yoga** – 8:00-10:00 a.m. and 4:30-6:30 p.m.

Yoga **ONLY** Early Bird Pricing \$400.00 before Nov. 30/11. After Dec. 1/11- \$550.00 CDN Funds.

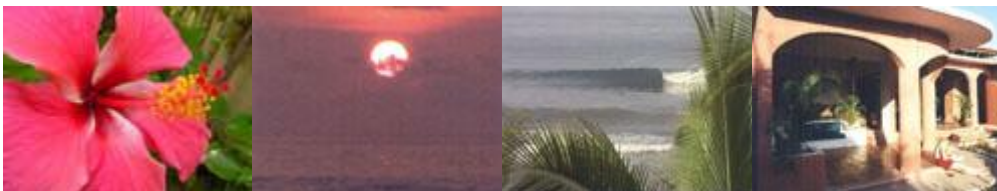
The yoga retreat is being held on-site exclusively at **Casa Delfin Sonriente**

**Troncones ( Ixtapa)** 17 SPACES AVAILABLE ONLY!

## Sun, Relaxation, Surfing and more on the Pacific Mexico Coast

Imagine the Pacific before you... on the beach, sand crabs scuttle about. You pause to look at a natural rock tub at the tide's edge, uncovered during the shifting of sand the night before. You immerse yourself in the refreshing sea. While body surfing on the clear warm Pacific, you see a pod of dolphins gliding silently through the waves.

Just fifteen miles from Ixtapa and the yachters' paradise of Zihuatanejo, the quiet village of Troncones feels like a different era. The village is home to about 250 people who farm and fish, as well as a sprinkling of foreigners who have come to Troncones and found the tranquil beauty impossible to leave. Transportation from the airport takes about forty-five minutes.



**Sadhana** is a term for a means of accomplishing something or more specifically spiritual practice. **Yoga** means to join/yoke/unite; the union of the individual soul with the universe and spirit. *You will experience daily:*

**Hatha Yoga** {asana} ~ physical postures.

**Pranayama** {shakti, life force} ~ control of breath.

**Raja Yoga** {royal yoga} ~ creating peace of mind with meditation.

**Bhakti Yoga** {devotion} ~ chanting & reciting japa {sacred words}.

**Jnana Yoga** {knowledge, wisdom} ~ meaningful readings.

**Yoga Nidra** {yogic sleep} ~ relaxation to quiet and center the mind.



For further information, contact Helen (403) 809-1402 or [info@harmonyogastudio.ca](mailto:info@harmonyogastudio.ca)

**INCLUDED in Retreat Fee:** Yoga instruction ONLY.

Yoga Instruction Cancellation Policy- Full refund 2 months before retreat date; 50% refundable 1 month before and no refund after that time.

**NOT INCLUDED in Retreat Fee:** Shared Accommodation at Casa Delfin Sonriente (\$400 US/week). Single Accommodation Available. Meals other than breakfast, Flight and Taxi (divided between attendees arriving on similar flights).

### **Helen's FLIGHT INFORMATION:**

Helen has booked her flight with Westjet for the following **DIRECT** flights:

WS 2382 - Departing Calgary, Sat., Feb. 11/12 at 9:35 am & arriving to Ixtapa at 3:51 p.m.

WS 2383 - Departing Ixtapa, Sat., Feb. 18/12 at 4:40 pm and arriving in Calgary at 9:15 pm.

### **ACCOMMODATIONS**



Flowering plants, gardens and lawns surround the villa, while out front the sandy beach heats up and the warm clear ocean tempts you in. The lovely beachfront ramada is the coolest place to hang out with its lounge chairs, hammocks, sitting bench, and massage table nestled under the Manzanita tree. It's a great place to spend an entire afternoon and also have a massage.

If you wish to surf but didn't bring your gear, a combination of long boards, fun boards, and short boards are available for rental. Boogie boards, horse shoe pit, bocce ball and ping pong table are free for students to use.

Whether you are playing horse shoes or snoozing in a hammock between epoch beachcombing walks, or body surfing out in the front of the house, one of the special qualities of Casa Delfin Sonriente is that they make you feel at home. The staff lives on site and is available to help with local information, cooking a special feast or any questions you may have.



### [THE VILLA](#)

The lovely beachfront Mediterranean style villa is available with housekeeping. Located mid-point on Troncones main beach, the villa features large breeze-swept porticos, spectacular views, beautifully appointed rooms, sun-drenched pool and garden, and much more.

### [THE ROSE SUITE \(Lower Villa\)](#)



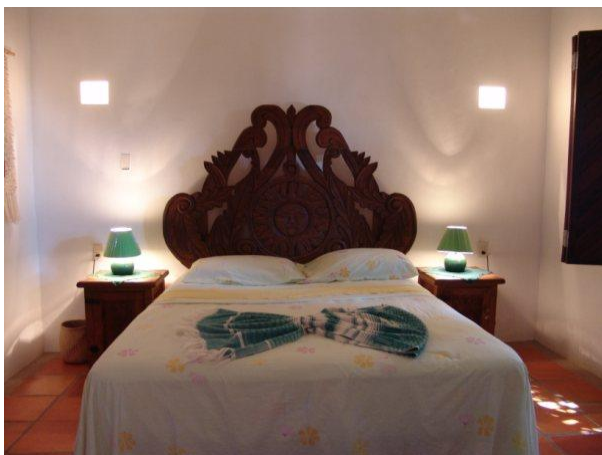
The Rose Suite sits close to the water's edge on the first floor of the villa; its patio and hammock nestled by flowers, grass and coconut palms. Inside is a king size cedar bed, carved cedar end tables, and private multi-colored magenta and cream toned tiled bath. Seascapes, folkloric art and stocked bookshelves finish off this large fully screened and air conditioned room, which has been a perennial favourite.

### [THE BLUE ROOM \(Lower Villa\)](#)



This accommodation has a queen size cedar bed, carved cedar nightstands, and blue tiled private bath it is located to one side in the central commons of the first floor of the villa facing the ocean. The accommodations folkloric décor is themed to blue tones and has space for a second bed. Fully screened and air conditioned with curtained sliders and wood shutters for privacy.

### [THE GREEN ROOM \(Lower Villa\)](#)



This accommodation has a queen size cedar bed, carved cedar night stands, and green tiled private bath it is located to one side in the central commons of the first floor of the villa facing the ocean in between the rose suite and the blue room. The accommodations folkloric décor is themed to green tones and has space for a second bed. Fully screened & air conditioned with curtained sliders and wood shutters for privacy.

### [THE PAPAYA TREE SUITE \(Upper Villa\)](#)



Hanging queen sized bed and couch, window hammocks, and decorative masks and animal art give a Robinson Crusoe flavour to this popular second floor suite. A large patio across the roof deck with numerous potted plants, tables and umbrellas, Spectacular Ocean and sunset views, and lots of space characterize this open air Fijian burre styled suite. A land bridge connects to the Delfin suite across the way. Extra beds allow for three people sharing. Floor fans and lovely afternoon breezes keep things cool.

### [THE DELFIN SUITE \(Upper Villa\)](#)



Situated across from the Papaya Tree Suite the Delfin features window hammocks, and decorative art with the added attraction of a full size kitchen. A large patio across the roof deck with numerous potted plants, tables and umbrellas, spectacular ocean and sunset views, and lots of space characterize this open air burre styled suite. A land bridge connects to the Papaya Tree Suite across the way. Extra beds allow for three people sharing. Floor fans and lovely afternoon breezes keep things cool.

## THE CINNAMON SUITE (Upper Villa)



Owner's suite when he is in residence and it has all the amenities. A queen size bed, tiled bathroom, lots of surfing pictures, and folkloric art adorn the walls. A private bath room with shower and kitchen finish off the room. This small suite can make for a sixth accommodation should a large party require more than five accommodations. The suite faces the mountain with just a peek of the ocean from the kitchen window. (Check with staff for availability).

## PATIO AND BBQ AREA



Our picnic area and gas fired BBQ are located underneath a large vine covered shade tree. A ping pong table and surfboard racks share the area and often this space is employed by resident artists painting coconut leaves or making rock art., or shell stringing or by Oscar or our guests cooking a mixed grill. This area is bricked and has planted flowering pots and iguanas enjoy the shade. Banana picked from the front gardens often hang here to ripen for guests to pluck whenever they fancy a banana.

## POOL AREA



The blue Venetian glass tiled pool is complemented by a tile rendered dolphin at its center and surrounded by a patio decorated with carved rock sculpture animals & potted palms, and furnished with several tables, chairs, cheez lounges and umbrellas; a shade tarp is added in the summer months to keep the naturally heated pool a refreshing temperature and offer extra shade. A second wood deck and BBQ area for sunset viewing are planned. There are water mats and flotation toys available for guests and a pool shower area.



### POOL AREA, SEEN FROM YOGA DECK

Small yoga deck for students to practice yoga while looking out over the ocean.



### BEACH VIEW, FROM THE POOL/DECK



### THE SHADE RAMADA ON THE BEACH

The shade ramada, with swing hammocks on the beach front of their yard.



## MASTER KITCHEN



Casa Delfin Master kitchen is the central focus of our daily buffet style breakfast where yogurts, fresh fruit, granola, egg dishes, spicy chilaquiles, and or pancakes, toast, coffee and juices are served every morning between eight and ten thirty a.m. (complementary). The large tiled counters are perfect for many to join together in feast preparation and socializing throughout the day... A full size stove and refrigerator, freezer, small bar cabinet and storage and ample cooking appliances complete the kitchen which is available to all guests for use after breakfast is served.



## LIVING ROOM

The living room area seats 10-12 comfortably on two long sofas with ocean views looking out at the pool area.



## DINING AREA

A large carved cedar table is surrounded by low benches, potted palms, bookcases & cupboards full of more books, games magazines, maps, and information of local restaurants and activities. Large paintings and colourful maps decorate the area. Area looks towards the ocean and pool areas. Seats twelve on two tables. Extra seating is available on tables in the living room and around the pool as well.

## Activities and Environment at Casa Delfin Sonriente:

As you stroll along the beach, you'll find authentic Mexico in the small village where palapas line the beach, fishermen cast their nets and lines, and burros forage along the road. Collect shells, have lunch on the beach and feel refreshed in this tropical hideaway.

Troncones provides a healthy environment to take in some exotic sights as you get some exercise. Great hiking or biking on miles and miles of great mountain trails abound. Deep caverns to explore, and reefs or coves for snorkeling are all within walking distance from the Casa Delfin Sonriente. If you are still full of energy after all this good clean exercise, then grab a cab and head to Zihautenejo and you will find night clubs, restaurants and nocturnal activities to suite your taste.

Within miles from the villa you'll find natural hot springs, horseback riding, cave exploring, and mountain bike trails. Those looking to learn to surf can take advantage of having the owner, Glen of Casa Delfin Sonriente give them a private lesson. He has surfed all around the world, including California, Australia, New Zealand, and Africa.



The Majauha caves are approximately two miles from the villa. The caves are an amazing sight of limestone. They are located over an underground riverbed. Visitors are encouraged to explore the caves in pairs.

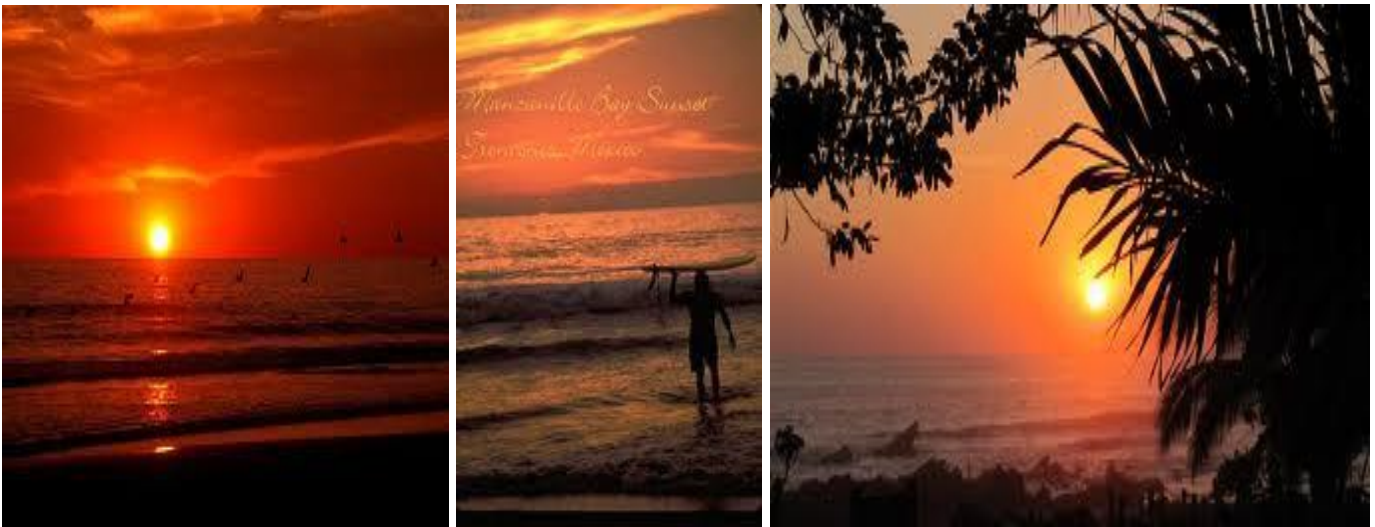
If your travel buddies aren't into this type of adventure, no worries, guided tours are available and you may even find a local to take along.



Troncones has some wonderful fishing spots. Guests can go out on fishing excursions, and catch their own dinner to cook at the villa. Or for those of you who want to pass on trolling the ocean, you can still enjoy freshly caught fish. El Burro Borracho restaurant is located walking distance from the villa and serves up the best seafood in town!

At El Burro Borracho you have the choice of steak, seafood, tacos, American food, and of course local cervezas (beer). Traditional Mexican margaritas are also served and a must have if this is your first time here!

There are over a dozen restaurants with a variety of cuisines within walking distance in the village of Troncones.



**Imagine enjoying these  
beautiful sunsets...**

**Om Shanti, Shanti, Shanti**

**...Harmony in Mexico...**

**Sun, Sand and Solitude!**