

Yoga Retreat

Patricia Sullivan in Haramara March 17-24



About Patricia...

"Patricia Sullivan transmits calming, joyful homecoming to wholeness."

Patricia's instruction expresses the depth of 35 years of teaching and many streams of yogic study from other Masters. Her knowledge of alignment, anatomy and kinesiology promotes healing and aesthetic awareness. Patricia will guide and support calming and toning your energy-body to create awareness of subtle aspects of human existence.

"I feel that the week triggered a change in me, almost like I discovered something that I have known for a long time but wasn't aware of..."

"Patricia, I cannot thank you enough for the compassion and love you bring to your practice. You knew just where to adjust us to provide openness and comfort."

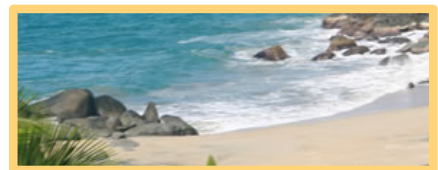
Join Us!

At Haramara you'll practice yoga twice daily within the verdant beauty of the jungle above the breath-giving ocean. Explore highly nuanced and mindful connection to your yoga experience as you awaken to your own natural and luminous presence. Wake up to the music of waves breaking and another day of adventure and relaxation between Patricia's warm and inspired yoga classes.

The Schedule

- Optional morning meditation before breakfast
- Invigorating, exploratory asana class mid-morning with deep savasana practice
- Time to rest, take a hike, swim in the ocean, have a relaxing massage, surf, journal, gaze at the ocean from your hammock, or go on a nearby eco-or adventure
- Late afternoon restorative yoga, pranayama and meditation.
- Leisurely dinner overlooking the ocean with fresh, local and delicious award winning cuisine
- Optional evening meditation

About Haramara



Haramara ("Mother Sea") is an intimate and secluded seaside resort located near the quaint fishing and surfing town of Sayulita, on the spectacular Riviera Navarit in Mexico. Described by Rodney Yee as "a sanctuary for the soul." Haramara is a magical and idyllic place designed to support relaxation and restore your well-being. www.haramararetreats.com
To register for the retreat, please email: Robert@haramararetreat.com

**For More Information
Contact Patricia Sullivan**
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