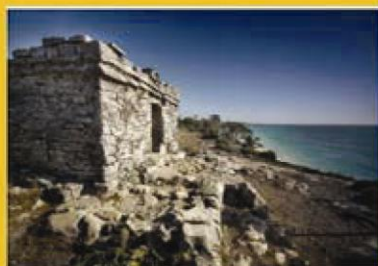


Maya Tulum Retreat
Tulum, Mexico
January 2-8, 2011



Twice-daily Yoga classes
Guided excursions
to Mayan sacred sites and
ecological preserves



Yoga, Ecology, and the Mayan Culture of Ancient Mexico

Wisdom traditions of Yoga in the land and hospitality of the Mayan people, at Maya Tulum Retreat center by the turquoise Caribbean Sea. Deepen your connection to your inner Self with Yoga intensives taught in the Vinyasa and Iyengar-inspired methods, and excursions to precious archaeological sites and ecosystems with local Mayan teachers. Relax and explore with two daily Yoga classes in a spacious, round hall facing the Mayan Riviera, kayak to a mangrove forest and bird sanctuary, visit the sacred sites of Coba and Tulum. Enjoy a bodywork or healing sessions from one of the internationally renowned local Mayan healers.

Join us in Tulum for a week of fun, community and contemplation of the great mystery of human interrelatedness with the Earth, Sea, and Sky.

Maya Tulum is on the Yucatan Peninsula and is close to Cancun. The retreat center is famed for its peerless location on white sand beaches, gourmet organic vegetarian and seafood dishes, and also for its spacious and inspiring Yogashala and beautiful, traditional Palapa-style accommodations. Maya Tulum is in the vicinity of the Mayan citadels of Muyil and Coba, which we will visit on two separate, guided excursions.

Your Guide on the Journey...
Phoenix Artemisia, B.A., RYT 500



Phoenix Artemisia, RYT 500 has been leading inspired Yoga retreats internationally for five years in India, Greece, Mexico, and California, and draws from her fortunate studies with Indian and western teachers and indigenous healers in her understanding and transmission of Yoga and mind-body-spiritual integration.

She leads creative Vinyasa and Iyengar-influenced Yoga classes that include energy practices such as pranayama, mudra and chanting. Her classes are rooted in techniques for conscious embodiment, mindfulness, and a peaceful, open heart~ reflected in the timeless Yoga philosophy.

***Retreat Schedule of Yoga Classes and Events ***

7-7:45AM Pranayama, morning Sanskrit chanting and meditation

8-9:30AM Asana I: Hatha and Vinyasa Yoga class

9:30-11AM Breakfast served

Free Time at the beach...!

12-3PM Lunch is served until 3PM

4-6PM Asana II: Iyengar-inspired/restorative and special topics Yoga workshop

6-10PM Dinner served

This schedule reflects the regular retreat rhythm for the week, beginning on Sunday, January 2 and ending on Saturday the 8th after breakfast and a closing circle together.



Wonderful exceptions occur when we take our excursions to visit the Mayan sites of Tulum on Tuesday, Coba on Wednesday and Sian Ka'an on Friday.

During those days the following schedule is in effect:

TULUM: Tuesday, Jan 4. Following breakfast, from 11-1:30pm we will visit this temple complex and trade center on the cliffs overlooking the sea.

COBA: Wednesday, Jan 5. Leaving at 11:30AM and returning at 4PM. Transportation, Lunch, and our guide is included in the cost of the excursion. A one-hour asana class will be held from 5:30-6:30pm on this day in addition to the morning class.

SIANK'AAN. Friday, Jan 7. Kayaking trip out on the mangroves to visit beautiful wild birds at one of only two mangrove forests in the world. Transportation, lunch and our guide is included in the cost of the excursion. One Yoga class in the morning is given.

Namaste~

Thank you for your interest in joining us this year at Maya Tulum on the 2011 New Year's Yoga, Mayan sacred sites, and Ecology of Being, taking place from the 2nd to the 8th of January in Tulum, Mexico. This is a transformative journey that will bring your soul home to a deepened perspective on your Yoga practice and tactile experience of the culture, geography, and history of the ancient-and-now Mayan people in beautiful Tulum in the Yucatan Peninsula. This Yoga retreat is so special because, by its' very location, we are exposed to a delicate yet powerful bioregion where we may explore ways of contact and care for the Self and to learn from people who care for the land and its' creatures, with the deep mentorship of the element of water in some of its most healing manifestations in the channels, wetlands and the unnameably turquoise Caribbean Sea nurturing Tulum.

On most days we will start with a 3-hour morning practice blending pranayama, kriyas, and meditation, and move into a creative, dynamic asana practice taught in the Vinyasa method. Except for one excursion day, there will be two opportunities daily to practice Yoga. The afternoon practices are specialty seminars given to deepen our understanding of the body through asana from the Iyengar perspective and restorative approach. These classes are ideal for those who want a therapeutic practice infused with stillness, derived from longer holds in the postures. All Yoga classes are taught with modifications for all levels of practice.

Maya Tulum hosts their retreatants in beautiful palapas built with local natural materials, posited on the white sand beach, with indigenous plants, palm and banana trees highlighting the garden surroundings. Spacious, immaculate, and well-screened single-occupancy and double-occupancy ocean view and garden view palapas are available. All of the palapas are within a few steps to the sea. You will enjoy the continuous sound of the ocean in your dreamtime!

Gourmet vegetarian and traditional Mexican dishes including seafood and wines are available at Maya Tulum's cabanas. All meals from January 2nd (Sunday evening) dinner to January 8th (Saturday morning) breakfast are included in the cost of your retreat, and incredible fresh fruit smoothies, beer, wine and cocktails are available to purchase if you like.

Maya Tulum also has a world-renowned bodywork and massage center which came to my attention all the way out in Greece from a couple of retreatants who had enjoyed the services while vacationing at Maya Tulum. The cost of treatments varies per service. Local Maya bodyworkers and traditional healers perform a variety of modalities for wellness besides deep tissue, shiatsu, and reflexology--- including Mayan abdominal massage, honey, clay, and chocolate (!) therapeutic treatments, and many ancient herbal treatments utilizing steambaths, aromatherapy, and smudging (smoke blessing).

During the month of December the weather on the Mayan Riviera is moderate to hot, averaging between highs in the 80's and lows as "far" as 65 degrees. This journey will allow you to dip your toes and more into the Caribbean Sea. It is advisable to bring swim goggles or a snorkeling mask for viewing the unique fish and sights of the ocean floor.

Retreatants fly in to Cancun International airport (CUN). You will want to plan to arrive after 12PM noon on your flight, so that you can transfer by early afternoon to the oceanfront Maya Tulum Yoga Retreat. It takes about 2 hours and fifteen minutes to get to Tulum from Cancun airport. Please let us know of your travel details, so that we can anticipate your arrival. The retreat begins that afternoon with an opening circle and a Yoga practice in the early evening to help you to ease in from your traveling!

If you are interested in preparing yourself with some excellent reading about the history of the Maya, we recommend:

A Forest of Kings: the untold story of the ancient Maya
by Linda Schiel and David Freidel

DVD: Cracking the Mayan Code (produced by NOVA)

We sincerely hope that you will honor us with your company in a spirit of celebration and learning this winter, for a colorful and rejuvenative delving into the wisdom traditions of Yoga and ancient Mexico, in beautiful Tulum.

Namaste,

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