

**Back to Bliss Yoga in Mexico
White Sand Beaches on the Mayan Riviera
January 21-27, 2018
Registration**



Take a break from winter & rejuvenate after the holidays!

Miles of sandy beach, sunshine, yoga, and fun are yours as you join **Jen** and **Harriet** at Casa Om, our charming **boutique yoga retreat center** in Puerto Morelos. Fly easily into Cancun and travel just 30 minutes to our sunny home for a week.

Harriet and Jen create a supportive environment for all levels of students with classes that focus on breath, alignment, self-discovery, and fun! There is plenty of time for hanging out at the beach, traveling to nearby Mayan ruins, or exploring the local village.

January is a great time to rejuvenate after the busy holidays and take time for you. So come and bliss out with Back to Bliss Yoga!

Trip Includes

- 6 nights lodging at Casa Om
- 6 delicious breakfasts and 4 gourmet dinners at Casa Om
- Final night celebration dinner with wine in town center
- Twice-daily fabulous yoga with Harriet and Jen of course!
- Evening activities

Trip does not include: Airfare, airport transport to/from Casa Om, excursions or extra services, and gratuities. Lunch and one dinner are on your own to explore the wonderful local restaurants.

Casa Om is a no smoking, no alcohol, and no meat environment. However, all restaurants and evening entertainment are easily available within walking distance.

Back to Bliss Yoga Mexico Vacation Retreat January 21-27, 2018

Name _____
Address _____
Phone (cell) _____
Email address _____

Retreat Fee: Per Person

_____ \$1475 DBLE Occupancy (Queen or King bed), private bathroom

_____ \$1475 DBLE Occupancy (2 twin beds), private bathroom

_____ \$1200 Dorm room with bunk beds (6 beds), bathroom en suite

If you are a solo female traveler, we will match you with great roommates in the dorm room or DBLE.

This retreat is limited to 22 participants and rooms will be assigned on a first-registered basis until the retreat is filled.

Payment Schedule:

- \$500 deposit due at registration.
- Final payment due by October 21, 2018 (90 days prior to the trip).
- Cancellation Policy: Deposits and payments are not refundable. Trip cancellation insurance is recommended.

To register:

- Complete registration form and check payable to Back to Bliss Yoga.
- Mail to: Harriet Alterowitz, 113 McLeod, Missoula, MT 59801.
- Contact Jen by email for credit card payment; (3.5% fee for CC).
- Do not book your flight until we have confirmed your registration.

Since 2004, **Jennifer Brooke, E-RYT 500** and **Harriet Alterowitz, E-RYT-500** have combined their yoga knowledge and creativity to develop Back to Bliss Yoga Retreats. Together they have planned and lead weekend retreats in Montana and yoga vacations in Costa Rica, Peru, Hawaii, Mexico, Guatemala and Greece. They are both certified yoga teachers/therapists with Integrative Yoga Therapy and have specialized in therapeutic workshops in the Missoula area since 1998.

[Back to Bliss Yoga](#)

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