

maya - tulum

EXPLORATORY YOGA RETREAT • OCTOBER 9-16, 2010

with Dorie Silverman



Celebrate and strengthen your practice with Dorie Silverman at a beautiful resort in Tulum, Mexico! Deepen your connection with nature and yourself by joining her twice daily for yoga and meditation amidst the breathtaking scenery of the Yucatan Peninsula. Each session will explore a combination of yoga asana, pranayama, meditation, philosophy and ceremony. Located right on the beach, the Maya Tulum Retreat Center provides a loving, supportive and inspiring environment in which to enliven your body, mind and spirit.

More information about the Maya Tulum Retreat Center can be found online at www.mayatulum.com.



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about the instructor

Dorie has been teaching and studying Anusara yoga since 2001. Known for her heartwarming style and strong knowledge of alignment, Dorie's yoga practice is guided by her never ending thirst to find meaning and connection in everyday life. She seeks to empower others to connect with and express their greatest potential both on the yoga mat and in their daily lives. Her inspiration comes from her varied interests including art, psychology, nutrition, yoga therapeutics, gardening, and her many feline and canine friends. Dorie offers both private and corporate classes, and can be found teaching in Chicago at Niyama Yoga, Yogaview, and Bloom yoga studio.

registration

Single Double

Desired Accommodation

Name

Address

City/State

Phone

Email

retreat costs

Accommodation	Double (per person)	Single
Beach Front Super	\$2,050	\$3,250
Beach Front Deluxe	\$1,950	\$3,050
Ocean View Deluxe	\$1,750	\$2,700
Garden	\$1,650	\$2,550

The cost of the retreat includes three meals daily, accommodations for seven nights, and yoga. Taxes and tips are also included. The cost does not include airfare, or transportation to and from the resort. **Checks should be made payable to 'Dorie Silverman'**. Reserve your space by mailing the attached form and your deposit of \$500 by July 15th, 2010 to:

Dorie Silverman • 1408 W. Carmen #3, Chicago, IL 60640

The remainder of your payment must be received by August 15th, 2010. All deposits are non-refundable and non-transferable. Cancellations must be made 30 days before the retreat begins. No refunds for cancellations within 30 days of the event, unless we can fill your space. No refunds will be given for failure to attend or to complete the retreat. Email any inquiries to Dorie at doriesilverman@yahoo.com.