



## *Welcome to Maria's Yummy Yoga Retreat at Villa Ananda, Mexico*



*MariaAlive.com*

Dear Yogini,

Thank you for inquiring about the 2023 Yummy Yoga Retreat, which will be held at Villa Ananda, near Puerto Vallarta Mexico. This is the fifth time that Maria Shamas will be hosting this transformative event.

A little bit about the Center:

Villa Ananda was created with the intent of bringing consciousness to the world by sharing the art and science of Ayurveda, Yoga, Meditation and conscious living. Villa Ananda's goal is to provide an intimate, healthy, harmonious beachfront environment for personal retreat and transformation. This small, secluded, intimate Villa is dedicated to retreats. It is located 30 minutes North of Puerto Vallarta and is in a gated area with 24-hour security, where the jungle meets the ocean. Please go to the website for more information: [www.VillaAnanda.com](http://www.VillaAnanda.com)

### Lodging

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Villa Ananda offers large **double occupancy** suites, each with bathroom and patio. Please note: ***If private suite** lodging is desired, there is one room available for this; the charge is near double the normal rate. Each of the rooms is very spacious and affords lots of privacy.*

### Meals

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Villa Ananda offers exquisite gourmet vegetarian Ayurveda cuisine. Fresh Seafood and chicken are available upon request. The on-site Chef will work individually with people who have specific dietary needs and allergies, within reason. Please let Maria know your needs. Meals are served buffet style.

Meal Times:

- Breakfast – 9:30am, right after the morning yoga class. Coffee/Tea is available at 7 am
- Lunch – 1pm
- Dinner – 6:15pm
- Flavored waters are available throughout the day.



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## Transportation

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Villa Ananda provides complimentary transportation to/from airport. As soon as you make your airline reservations to Puerto Vallarta, please send your itinerary to Maria.

## Special Offerings

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- **Kutir Meditation Hut** on site next to the Villa – for quiet meditative sitting

- **Mid Day Activities after lunch -**

Ayurveda Spa Treatments - \*available a la carte - **PLEASE NOTE: Included in your registration fee is one Aromatherapy Massage Treatment.**

### **Off Site Excursions –**

**Sayulita** – wonderful shopping, surf, swim and lunch in nearby town, depart after morning yoga return for afternoon yoga. Transportation will be provided by Villa Ananda

– **PLEASE NOTE:** there will be one day that this excursion is offered during our retreat

**Whale watching Snorkeling trip to Marietta Islands** – morning departure, 4–5-hour trip – **PLEASE NOTE:** whales are often seen from our beach at the retreat while doing yoga.

\*approx. \$75 usd per guest depending on total number

### **Surf and Stand Up Paddle Lessons**

\*approx. \$100 usd for lessons or \$10 usd/hour board rental in Sayulita

**PLEASE NOTE:** You can rent surf boards right at Villa Ananda for \$30 usd/day

**PLEASE NOTE:** SOME OF THE ATTENDEES MAY WANT TO ARRIVE IN PUERTO VALLARTA ONE TO TWO DAYS EARLIER TO TAKE OTHER SITE-SEEING ADVENTURES BEFORE THE RETREAT BEGINS. PLEASE LET MARIA KNOW IF YOU ARE INTERESTED AND SHE WILL PUT YOU IN TOUCH WITH THE OTHER ATTENDEES TO MAKE PLANS.





- **Daily Classes – all optional**

- 7:30 am morning sunrise meditation on the beach (daily meditation practices will be offered)
- 8am – Yoga – on the ocean facing patio. **PLEASE NOTE:** There will be 2 yoga classes offered simultaneously in the morning, one as a more gentle class, and one as a more dynamic class.
- 11am – a special class will be offered daily (excluding excursion days): studies in self awareness, understanding Ayurveda, and joyful living practices are some of the topics
- 4:30 – Calming yoga practices for Rejuvenation; includes Restorative yoga practices, Somatics, Ball rolling sequences, Yoga Nidra
- 7 pm – Offerings for conscious expansion: these offerings will vary; see below:

- Evening Activity Options: 7pm start time – There will be a schedule of offerings given out prior to the retreat. Some of the past offerings included:

- Belly Dancing & Salsa Dancing
- Beach Bonfire in front of Villa
- Kirtan with Raoul
- Temezcal – Indian Sweat Lodge
- Ladies fun self-spa night with little surprises
- Closing celebration

- We are very excited this year to be bringing Torrey Postal back to the Women's Yummy Yoga Retreat as an excellent teacher of yoga, neurogenic tremor yoga, tapping, and also Barre.

## Ayurveda Spa

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Villa Ananda welcomes guests to indulge in a variety of wonderful Ayurveda Experiences. A special Retreat Spa Menu is provided below. During the Opening Ceremony all treatments are discussed as well as a sign-up sheet for the week. Guests may continue to sign up throughout the week. **And, with your Yummy Yoga Retreat you will receive one special aromatherapy massage session complimentary.**

Villa Ananda accepts USD or Pesos for payment of Spa Treatments; but credit cards are not accepted. Guests are encouraged to bring cash or visit the bank machine in the airport. A guest bill is given to guests on last evening and collected prior to departure.

## Villa Ananda Host / Opening Ceremony

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The day of arrival after dinner, we will bring the whole group together at 7pm for Opening Ceremony. The Villa Ananda Host will share on-site details, Spa Experiences, Excursion options and answer any other questions. We then leave you to continue with your Opening.

On our first afternoon together, your day of arrival, there will be a gentle yoga class offered prior to dinner

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## Retreat Registration

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Thank you for signing up for this epic experience. When you sign up a \$450 deposit is due immediately. **All, but \$100 is refundable until August 30, 2022. A second payment of \$1000 is due by October 6, 2022. The rest of your payment is due in full by December 16, 2022. PLEASE NOTE: after August 30, your registration deposit fees are no longer refundable.**

## Payment and Cancellation Policy

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**The cost of the Yummy Yoga Retreat is \$2,450. The cost for the full retreat and a Private bedroom is \$3,500.**

### **DEPOSIT (\$450)**

To reserve your spot on the Yummy Yoga Retreat, please make a \$450 deposit. **The deposit is non-refundable after August 30, 2022. Prior to August 30<sup>th</sup>, \$350 of your \$450 deposit will be refunded**

**A Second payment of \$1000 will be due by October 6, 2022.**

### **FULL PAYMENT – This payment will be due December 16, 2022.**

When you reserve, you may either pay in full or pay the deposit. Upon receipt of your payment, you will be sent a confirmation of your deposit.

### **CANCELLATION POLICY**

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. If you cancel your participation in a retreat for any reason, the cancellation policy below will apply, with no exceptions. We wish we could compensate people for unforeseen circumstances (injury, family emergency, etc.), but we have costs already incurred when reserving the retreat center. We have designed our cancellation policy to be as compassionate as possible in case your plans change. But to protect yourself further, we strongly encourage you to purchase travel insurance.

### **IF YOU CANCEL THE YOGA RETREAT:**

**Before August 30, 2022: You will receive a refund of your deposit minus \$100.**

**Between September 1<sup>and</sup> October 6, you receive:** a credit of what you have already paid minus \$200

**Between October 7 and December 16, you will receive a credit of 50% of what you have paid towards another Women's Yummy Yoga Retreat scheduled in the next 18 months.**

**December 16-Day Event Begins: You receive:** no refunds or credits will be given.

**To cancel, you must send an email stating that you wish to cancel to: [info@MariaAlive.com](mailto:info@MariaAlive.com)**



### **IF WE CANCEL THE YOGA RETREAT:**

We have never had to cancel a retreat, however, if we do cancel a trip due to few participants, we will refund to you all deposits and payments you have paid. We cannot however compensate you for airfare or travel costs incurred. In the unlikely event that the Yummy Yoga Retreats must cancel a yoga retreat due to weather, natural disaster or political upheaval, we cannot guarantee a refund – it will be depending on receiving a refund from the venue / tour operator we work with. To cover these risks, we highly recommend you purchase travel insurance.

### **TRAVEL INSURANCE:**

The best way to protect yourself from any unforeseen circumstance is to purchase trip insurance. Travel Insurance can protect you in case:

- you cancel your participation in the yoga retreat
- retreat is cancelled due to weather, natural disaster, or not enough participants to run the trip
- lost baggage
- medical expenses and the cost of repatriation should you become ill or injured

A message from Villa Ananda:

*We welcome you to the tranquil paradise of Villa Ananda for your Yoga Retreat. Our space is very distinct from most retreat centers. Being a private beach front Villa located in secluded neighborhood of 35 homes, guests feel wrapped in the lush tropical arms of nature, cared for by the hands and hearts of conscious staff and therapists. The intimate yet spacious grounds allow guests to interact together and spend time alone as desired. The pictures don't quite do the space justice. We constantly hear how guests are awe struck by the tranquil beauty and attention to detail all throughout. Come enjoy!*

~ Om Shanti,  
Mindy Reser, Owner

A message from Maria Mendola Shamas:

*I am excited to be hosting this special rejuvenating, and simply yummy, retreat once again in 2023. It has been greater than 2 years since this retreat has occurred; and I'm excited to begin again. I guarantee we will all have a delightful, transformative time while together in paradise. Please do not hesitate to ask any questions prior to the retreat; and note that in the next several months there will be more information coming your way about the Yummy Yoga Retreat.*

~ Namaste  
Maria Mendola Shamas, MariaAlive Therapeutics

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## Yoga Retreat

### Ayurveda Spa Experiences

#### Aromatherapy Massage Experience

Natural oils, flowers and plant essences specifically blended are applied using a variety of massage techniques to meet your body and energy needs. Relax tight tissues and muscles, improve circulation, increase lymph flow and remove toxins from the body while the mind is guided into a state of peace.

#### Pinda Flow Experience

Deeply penetrating muscles joints and tissues, this Ayurvedic delight is a must for You! The body is first prepared with a warm oil massage then Ayurvedic bolises are used to massage each area. Freshly made rice with herbal blend of chamomile, lavender, orange peel and rose petals is tied up in a cotton ball, soaked in oil and applied warm all around the body. Six bolises are used interchangeably loosening tight muscles, lubricating joints and over all creating a harmonious flow of energy in your body.

#### Align and Alive Experience

Body alignment adjustments, acupressure, cupping, deep tissue releasing acupuncture and more. Allow the intuitive hands and heart of Mexican healer David work with your body and energy to release and align, bringing a sense of deep opening and relaxation to You.

#### Yoga Breath Massage Experience

This extraordinary experience was created by an Indian woman who masterfully blended Yoga and Ayurveda Massage. It utilizes a conscious breathing technique to assist in opening tissues to allow for the release of tension and toxins and energy to flow. Administered on cushions on the floor, open yourself to receive a medley of massage strokes with powdered herbs and essential oil blend, foot and hand pressure and Yoga stretches. A must for Yogis!





## Thai Yoga Experience

A deep therapeutic experience focusing on opening and promoting the flow of energy in the body meridians using a combination of Yoga stretches, joint mobilization and sports-style deep tissue massage techniques. With essential oils, foot, hand and face massage, it creates an beautiful essence of openness and revitalization. Administered on padded mats on the floor in loose clothing.

## Deep Tissue Experience

Wow...the anatomical and physiological knowledge of Therapist along with the power and grace of his energy makes this Deep Tissue Experience unforgettable. This is Deep Tissue with another level of consciousness that penetrates physically and energetically the tight muscles of your body. Enjoy!

## Body Beauty Experience *Organic Facial*

Deeply cleanse and soothe stressed skin with an organic facial experience on our exclusively crafted wooden table. Fresh Aloe Vera, Indian clay mask with sandalwood powder, fresh lemon juice, lavender and geranium oils, Rose hydrosol and our signature Wrinkle Free oil blend are some of the delights used to refresh and revitalize your natural glow.

## Ayurveda Lifestyle Consultation

A personal, informative and effective support program designed for your healing and health maintenance. A survey of health history, questionnaire and pulse reading is completed to access your metabolic body type and current imbalances. You will receive a holistic Health Plan including list of foods, herbs, essential oils and lifestyle recommendations to emphasize along with personalized herbal supplement blend.

~ **Gratuity is accepted with gratitude and shared with staff of Villa Ananda** ~

