

MAYAB HOLISTIC CENTER INVITES YOU TO TREAT YOURSELF TO A HOLISTIC HOLIDAY!

JOIN US ON THE BEAUTIFUL CARIBBEAN
BEACHES OF TULUM, MEXICO FOR FIVE DAYS.

YOUR HOLIDAY INCLUDES:

- ==> Daily yoga class followed by Detoxifying Tea
- ==> Aromatherapy or Deep Tissue Massage
- ==> Acupuncture treatment
- ==> An educational eco-tour of the Sian Ka'an biosphere
- ==> Three healthy, fresh meals a day
- ==> Quiet time for personal meditation and relaxation
- ==> Five days, four nights lodging in our palapa-yurts on a secluded beach inside Sian Ka'an biosphere reserve



Start the New Year off right!
January 21st through 25th, 2010
\$640.00 per person

This retreat has been specially designed for a small group travelers seeking to get away, focus on their health, and relax in the serene surroundings of Mayab Center.

Dr. Heidi Klosterman is a licensed chiropractor and certified acupuncturist and has been practicing in Minneapolis for 20 years. She takes a holistic approach to her treatments and has studied cranial sacral work and Thai Yoga Therapy as well as other methods of bodywork.

Heidi has been practicing yoga for 10 years and is a registered yoga teacher. She weaves her deep understanding of the alignment of the body into her classes. She has studied Hatha, Ashtanga, Vinyasa style and creates classes suited to her students' needs and experience level.

Both Heidi and Delainia Haug, the owner of Mayab Center, will be your hosts for this retreat, and will provide you with personal attention. We keep our retreats small and intimate. Space is limited to 12 guests, so reserve your place soon!