

# Maya Tulum 2012

Yoga Retreat with Laurel Hodory  
November 3-10th

## Experience...

An exploration into your authentic self on the sacred beaches Maya Tulum in the year 2012! We'll tap into the energy and wisdom of the ancients to awaken consciousness and our own true potential. Through yoga, meditation and self-reflection, we'll shine the light of consciousness inward to illuminate our life's purpose and meaning. Enjoy:

- Dynamic yoga, meditation and chanting
- Delicious vegetarian meals
- Oceanside accommodations
- Excursions to sacred landmarks
- Eco adventures
- Quiet time for renewal

*Fees for spa services and excursions are not included in the cost of the retreat.*

## More Info

[www.laurelhodory.com/shop](http://www.laurelhodory.com/shop)

Register by Calling:  
1-888-515-4580 ext. 231

## Registration

Contact Maya Tulum at 1-888-515-4580 ext. 231 and ask for Melanie Mann.

Rates starting at \$1580 per person\*  
Standard Garden Room  
A \$500 deposit holds your space.

Space is limited. Accommodations are available on a first-come, first-serve basis. Rates include three delicious healthy meals (vegetarian, chicken and fish), lodging, yoga workshop and evening activities. Excursions and spa services not included.

*Double occupancy. Additional charge for single occupancy and accommodation upgrades with more amenities.*

More Info

[www.laurelhodory.com](http://www.laurelhodory.com)

**Laurel Hodory, MS, E-RYT500**, is a senior yoga teacher, a teacher's teacher and has been studying and teaching yoga since 1992. She has trained and certified more than 150 yoga teachers, teaches workshops internationally and has trained the OSU NCAA Women's Rowing team. Among many luminaries, her most influential teachers include Sianna Sherman, Paul Grilley, John Friend, Pattabhi Jois, and Mark Whitwell. Her inspiration comes from the power of yoga to heal and transform. She is constantly seeking ways of bringing these teachings to her students. Her greatest joy is empowering others to access their true potential. More info at [www.laurelhodory.com](http://www.laurelhodory.com).

