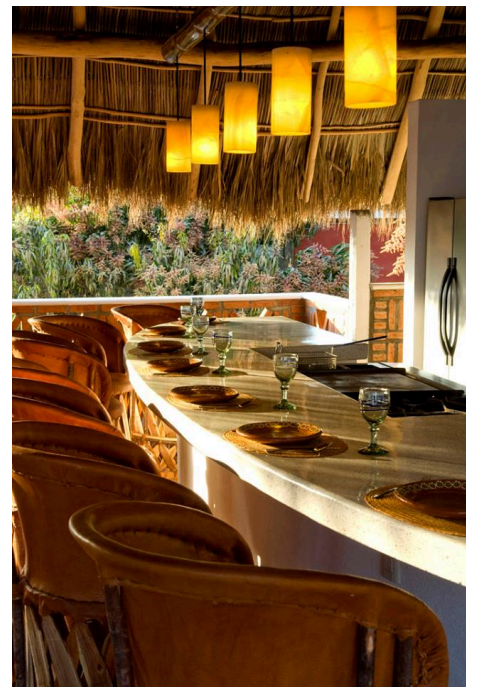
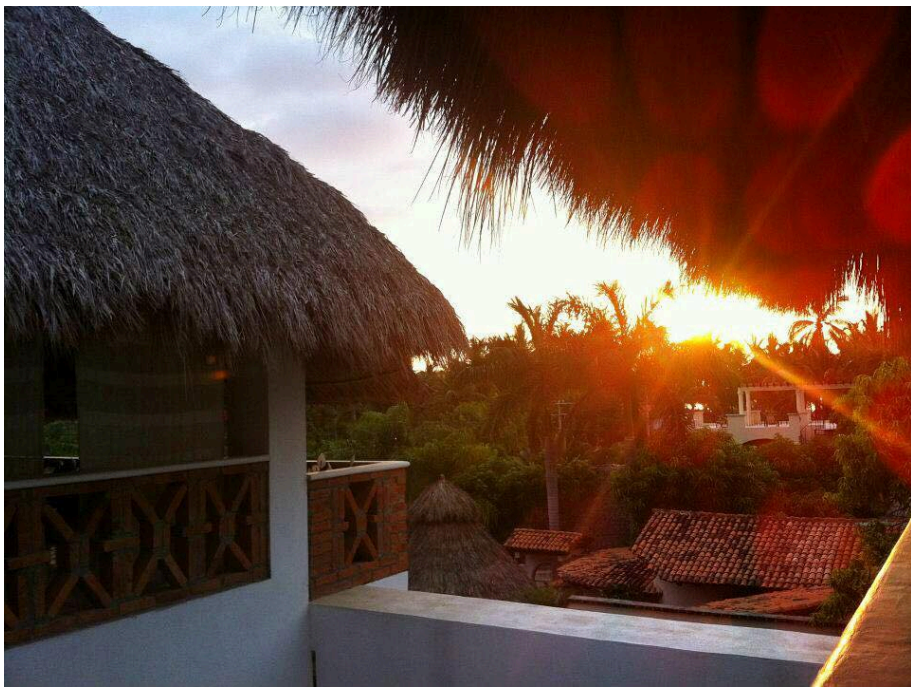


A person in a wetsuit is floating in the ocean, their head and shoulders above water. The background is a sunset over the sea, with warm orange and yellow light reflecting on the water. The person's hair is dark and long, and they are looking towards the right. The overall mood is serene and peaceful.

SAYULITA SURF & YOGA RETREAT

WITH SARAH PASCUAL

January 7th ~
January 13th 2018
Sayulita, Mexico



~~~~~  
Join me in Sayulita, Mexico to celebrate the New Year with all the things you love and crave: surf, yoga, travel, community and culture. Surfing is optional and all levels of yoga and surf experience welcome.

My love for Mexico has grown immensely over the wonderful experiences I've had surfing and practicing yoga all throughout Central America. Sayulita has a special place in my heart from the wonderful people to the amazing food and culture, the colorful town, and of course the gorgeous beaches! The retreat center is walking distance from the ocean, attracting a diverse group of people who want to practice yoga and go straight to the water to swim, surf or be a beach bum.

Imagine running to the beach with surfboard tightly clutched right after a sunrise yoga practice, or catching your first wave in the warm Pacific ocean (no wetsuit needed)! Then imagine ending your day with a gentle yoga practice, sunset surf or swim and dinner with friends. Sounds dreamy, right?

Whether you're a yogi looking to deepen your practice and try surfing, or a seasoned surfer looking for warm waves and the balancing benefits of yoga, Sayulita has everything you need and more.



## RETREAT INCLUDES

- Twice-daily yoga: energizing morning practice and restorative evening practice
- Walking distance to good waves and swimming beaches
- Optional surf lessons, excursions and other outdoor adventures
- Beautiful cozy retreat center at Los Suenos with concierge-level service from friendly, English-speaking staff
- Healthy and delicious breakfast, and dinner each day
- Attentive support from Sarah Pascual and my teaching assistant Natalie.

## NOT INCLUDED IN RETREAT PACKAGE

- Flights and transfers
- Tips for Los Suenos staff
- Wildmex Surf Packages
- Lunch meals (explore tasty local food in town)
- Massages and nature excursions
- Surf packages (see add on pricing below)

## RETREAT SCHEDULE

*Yoga. Eat. Beach. Repeat.* You will receive the official retreat itinerary in the weeks leading up to our trip. In the meantime, here's an example of what to expect:

- Sunrise meditation and yoga practice
- Breakfast on rooftop terrace
- Optional surf lesson/excursion or relax at beach or pool
- Lunch ( on your own in town )
- Sunset restorative yoga practice
- Dinner on rooftop terrace



## ROOM OPTIONS



### **Premium Double Suite**

Includes 1 king bed or two singles, mini fridge, AC, full bath.

Early Bird: \$1,100

After October 2nd: \$1,350

Single Occupancy Early Bird: \$2,200

Single Occupancy Regular Price: \$2,700



### **Superior Double "Suite South"**

Includes King bed or 2 queen beds, full bath AC, fridge.

Early Bird: \$1,250

After October 2nd: \$1,500

Single Occupancy Early Bird: \$2,200

Single Occupancy Regular Price: \$2,700



### **Villa**

Includes 2 bedrooms, 3 beds, full kitchen, 1 full bath and living room, AC.

Early Bird: \$1,000

After October 2nd: \$1,200



**\*\*Early Bird Pricing available for those who book and remit full payment no later than October 2nd, 2017.**



## ADD-ON PACKAGES & EXCURSIONS

### ***Wild Mex Surf Package Pricing***

We have been working with WildMex for many years and have always had a great experience with Javier and his friendly team. All surf packages include top of the line surfboards, gear and coaching from expert English-speaking surf instructors.

All surf lessons/coaching include:

- Transportation to and from surf breaks in quality vehicles with A/C and insurance
- All gear including rash guards
- Unlimited surfboard rentals (beginner to performance boards available)

### ***WildMex Options***

4-Day Intensive \$325 USD per person

4-Day Weeklong \$345 USD per person

5-Day Weeklong \$4 USD per person

### ***One Hour Massage***

\$20 USD

### ***Cooking Class (4 person minimum)***

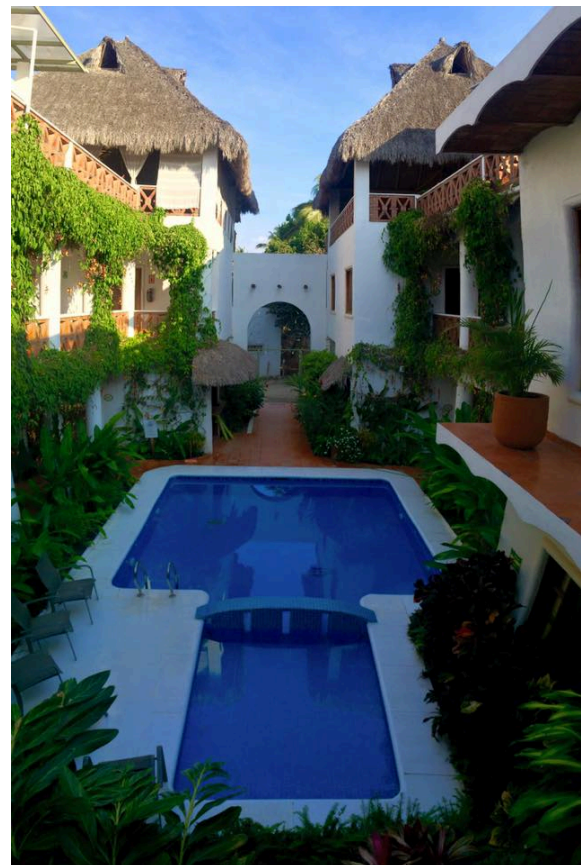
Meet with our Chefs in the hotel's rooftop palapa kitchen for classes highlighting the rich culinary traditions of Mexico, with unique gourmet fusion twists.

- \$35 USD per person

### ***Horseback Riding \$500 pesos***

Two-hour beach and jungle tour.

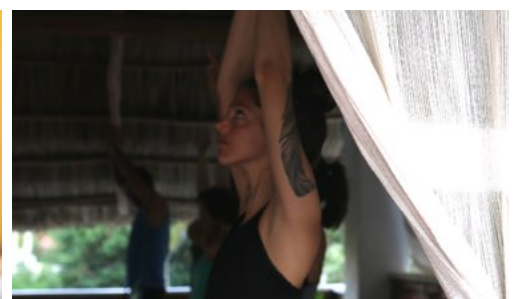
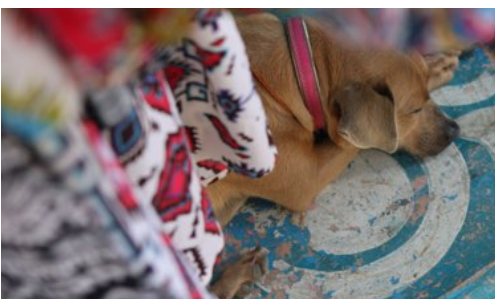
- \$40 USD





## FLIGHT INFORMATION

Flying into Puerto Vallarta Airport (Airport Code = PVR) is officially named Licenciado Gustavo Diaz Ordaz International Airport, named after President Gustavo Diaz Ordaz. We will arrange an airport shuttle to drive you about 30-40 minutes to Sayulita (about \$65 USD). Before you know it you will be on the beach with your toes in the sand and a smile on your face.





## RESERVE YOUR SPOT TODAY

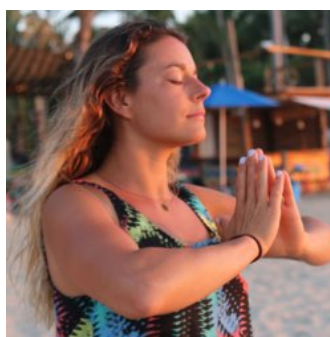
Thank you for your interest in my yoga and surf retreats around the world. To book your spot or find out more about the 2018 Sayulita Surf & Yoga Retreat, shoot me an email at [retreats@sarahpascualyoga.com](mailto:retreats@sarahpascualyoga.com). Someone from my team will get back to you within 24-48 hours.

Hope to see you on the golden shores of Sayulita soon!

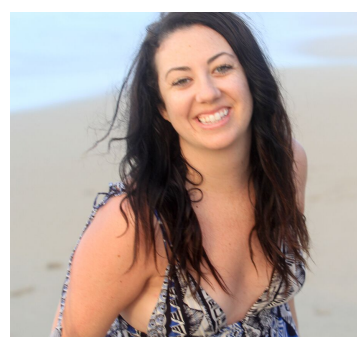
Your team,



**SARAH PASCUAL**  
Retreat Leader &  
Yoga Teacher



**NATALIE HANLEN**  
Assistant Yoga  
Teacher



**AMANDA SHEA**  
Retreat Director

# FAQ's

## To Reserve your spot today:

Make venmo payment of \$500 for non refundable deposit to @SarahPascualYoga

\*\*Final payment is due 30 days after deposit is paid and no later than November 30, 2017 (if you are unable to pay balance by final due date you are at risk of losing your reservation or incurring a 20% late fee)

Here's what's next:

- Submit deposit to Sarah in class or on Venmo
- Room selection
- Send us flight details before you book to make sure they work with timing
- Send us final flight details after booking
- We will work with Hotelito Los Suenos to book your airport shuttle
- Final deposit due November 30
- Look out for our packing list and travel tips as retreat gets closer



## Flight Info:

Opening practice is Sunday around 5pm and closing circle ends Saturday around 11am. We recommend arriving Saturday 1/6 (we can put you in touch with Los Suenos to book an extra night) and departing Saturday 1/13 anytime after 3pm. Here's the flight and shuttle info:

- Fly into Puerto Vallarta Airport (PVR)
- Los Suenos will coordinate your shuttle to Sayulita
- Shuttle takes about 40 minutes

Please send us your flight info before booking so we can confirm all the dates and times!

Packing list and retreat schedule coming soon!

