

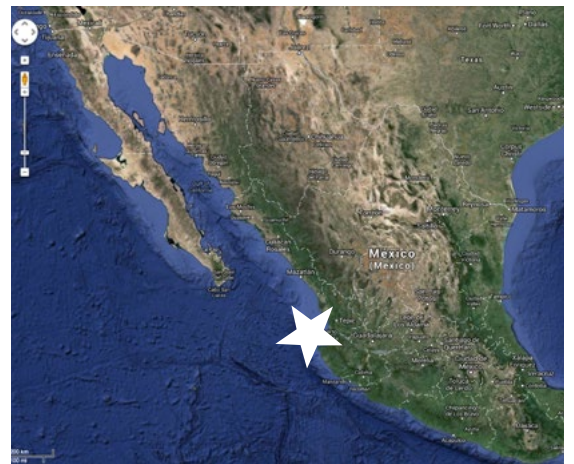
Ashtanga Unplugged, on the Bay of Banderas

This retreat is for dedicated practitioners. It is especially crafted for people whose daily responsibilities allow for only short periods of time away.

Saturday, March 8 –
Saturday March 15, 2014



Xinalani is a refuge. You will arrive by speedboat from Puerto Vallarta and spend the week in Swiss Family Robinson style treehouses high above the Bay of Banderas, hiking in the jungle, swimming on a private beach, eating fresh gourmet vegetarian creations, and being as unplugged from the web as you want to be. This context can be a great support for your practice; you will also have inspiration from the others on retreat and support from me.



[Xinalani Video](#)
[Xinalani Retreat](#)
[FAQ and Xinalani details](#)
[written by Elise Espat](#)
[Xinalani Details](#)
[AY:A2 Photo Gallery](#)

The point is to put the nervous system in a state of deep rest and outer contentment, so that we can (1) restore ourselves and (2) go a step deeper into the yoga practice. Students who attended last year have said the insights they had week continue to inspire their practices in significant ways. (They also say the memories of our time together there are extremely dear to them.) This is the first* reason I'm willing to take another group.

In addition to our morning Mysore style session and optional meditation, I will teach each afternoon. The sessions will be designed for our particular group. I especially look forward to planning the afternoon sessions because I'll have quite a bit of creative energy and teaching inspiration from the previous two months on my own practice intensive in Mysore. People who sign up for the retreat are encouraged to be in touch with me so that I can design practices and discussion themes that really interest you.

Both the sitting practices and the unplugging from the web are optional – participate in these if only if you find that they benefit you on a deep level.

7-9am	Mysore practice
9-9:30	Optional sitting practice or rest
9:30-10:30	Breakfast
10:30-1pm	Swim, sunbathe, hike, surf, &c
1-2	Lunch
2-3:30	Rest and play
3:30-6	Group gathering for practice, discussion, play
6-8	Light dinner or optional meditation (Not to worry: last year, only the retreat leader took the latter option ☺)

TO JOIN US:

- A \$500 reservation holds your space on the retreat. Payment in full reserves the room of your choice.
- Payment in full is due by January 20.

ROOM OPTIONS:

Deluxe Double Room \$1650
(shared room; 2 single beds)
Deluxe Single Room \$2250
Double Petite Suite \$1850
(shared room; 2 single beds)
Eco Chic Double \$2300
(shared room; 2 beds)
Eco Chic King Bed \$2950

INTERESTED PARTIES:

annarborashtanga@gmail.com

*The second reason I'm returning is that Xinalani's labor and environmental practices are very advanced – enough to suit this former labor activist whose dissertation was a critique of greenwashing. Xinalani is a good organization filled with people whose intentions are in line with my own. It's a joy to be a part of what they're doing and I consider the retreat fees money well spent.