

Join Deborah Karish & Sharon Bard for  
**Yoga with Friends**  
at the beautiful Mar de Jade Resort in Mexico  
February 2-9 2019

Escape the winter doldrums at this tropical paradise where  
the jungle meets the sea – just 90 minutes north of Puerto Vallarta



## Includes:

**Two daily yoga classes** Give your mind, body and spirit a rejuvenating sojourn for 2019 at this beautiful oceanside eco-resort in Chacala.

**Three meals per day** Deliciously prepared healthy food, including fresh local fish and produce.

### **Awaken to the sound of the surf**

Choose from singles, doubles, 2-4 person guest houses, suites and master suites. All rooms are nicely appointed and very comfortable. Rates vary with room size and occupancy. More lodging info at [mardejade.com](http://mardejade.com)

**You're on vacation!** Immerse yourself as your spirit beckons. Slow down, soak in the beauty of Mexico as you hike, snorkel, surf, swim or lounge by the pool. Enjoy side trips to local villages and nearby landmarks.

### **Sign up early – space is limited!**

Contact Deborah Karish at 707.473.0272 or [dkarish@gmail.com](mailto:dkarish@gmail.com) for all the details and to reserve your spot.



HEALDSBURG YOGA STUDIO