

San Miguel De Allende Yoga Retreat 2018



Fabienne Gauthier invites you to join a small group of yogis at her annual retreat in the beautiful, magical town of San Miguel de Allende, a UNESCO World Heritage Site in the central highlands of Mexico.

The dates are February 17-24, 2018.

Our studio and lodging are in:

Aldama 9, just behind the Paroquia! in the heart of San Miguel de Allende. In a shady, tranquil oasis just steps from the Jardín, the town's center.

Our program:

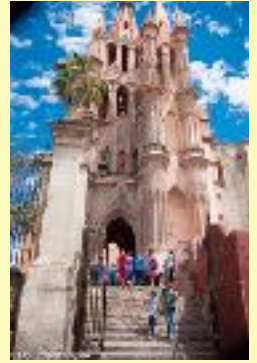
- 9:30 am - Wake up your spine with Fabienne, using breath and movement. Every day will be different as we build our practice together.
- 11:00 am - Full breakfast at the restaurant in the Posada Corazón, known for their organic Mexican kitchen, garden and hens.
- Free time until our afternoon session. Lots of activities to choose from: shopping, exploring, massage, hot springs, art galleries, rest or book private time with Fabienne.
- 4:00 pm - Afternoon Bliss Out. Slow down and go deep in a restorative class, with pranayama, hands-on adjustments by Fabienne and guided meditations. Visualizations and music-art therapy.
- Your evening is free. There are many options for dining, dancing, art openings and live music.

This is a retreat of the heart, el corazón. We will be a small group (maximum 8) gathered for fun and transformation and growth. Our practice will be an opportunity each day to still our minds and reconnect to ourselves, away from life's usual demands. Come with an open mind and willingness to trust in the wonder of being present in your body and your breath.

With great love,
-Fabienne

Included in your retreat package are:

- Seven nights lodging
- Daily breakfast
- All yoga sessions
- Welcoming dinner our first night and Farewell dinner our last night
- A tequila and mezcal tasting event
- A market tour
- A group cooking class



The cost of the San Miguel de Allende Yoga Retreat is USD\$1,800. All rooms have king beds, full baths and terraces. If you are interested in double occupancy, please inquire. Locals are welcome, write me fabiennessyoga@gmail.com

All payments can be sent through Paypal to
fmgprivate@gmail.com

More information:
<http://fabiennessyogastudio.com>

A non-refundable deposit of 50% is required to reserve your place. Payment in full must be made by January 15, 2018. A \$100. discount is offered for payment in full by November 1, 2017.

Not included in the retreat fee are airfare, airport transport, spa treatments, alcoholic drinks, private sessions or gratuities.