

About Mar De Jade...



Located in a setting of great natural beauty and serenity, **Mar de Jade** has as its backdrop a lush tropical mountain forest alive with birds, iguanas, and tropical vegetation, and has nearby groves of coconut, mango and banana trees. Directly in front of **Mar de Jade** is Chacala's half mile stretch of pristine, sandy beach and warm ocean water that deepens gradually.

Our Mission

Mar de Jade was created in 1983 in the spirit of active community service, of gratitude for the natural environment, and of the cultivation of genuine friendships.

We have an excellent relationship with our neighbors here in fishing village as well as in nearby farming towns. A percentage of **Mar de Jade's** income and staff time is dedicated to supporting projects we have founded: a primary-care community clinic, a legal-aid project, a scholarship fund for young people, and an emergency fund for families in distress.

We also nurture a spirit of camaraderie and exchange among guests, staff, and local folks in many of our activities, from eating together to relaxing in the jacuzzi and celebrating traditional holidays.



The Yoga Barn

660 NW Gilman Blvd. #C6
Issaquah, WA 98027
www.yogabarn.com

Phone: 425-427-0038
Fax: 425-427-0613
E-mail: info@yogabarn.com



The Yoga Barn

Yoga Retreat in Mexico:

The Dance of Life:

March 3-9, 2007

with Robin Rothenberg

&

Julie Gayer

Both AVI Certified Viniyoga Therapists



Held at beautiful
**Mar de Jade Retreat
Center**

(near Puerto Vallarta)

www.mardejade.com

Registration:

425-427-0038

www.yogabarn.com

About Robin & Julie



Robin Rothenberg is the Director of **The Yoga Barn** and a Certified Viniyoga Therapist. She has been teaching and directing programs in yoga since 1987, including private yoga therapy, group retreats, in-depth studies and RYT teacher trainings. Prior to her training in Viniyoga, Robin spent 10 years studying Iyengar yoga and became a Certified Iyengar Teacher in 1992. Robin is known as a 'Teacher's Teacher', masterful at therapeutic adaptations, facilitating groups and weaving the more meditative practices of pranayama, chanting and personal inquiry into practice. Robin is able to adapt practices to all levels and physical needs.

Julie Gayer is a Certified Yoga Instructor and Yoga Therapist with the American Viniyoga Institute directed by Gary Kraftsow. Her classes are healing, flowing, and centered on the combination of breath and innate intelligence of the body. Julie has simultaneously pursued intensive study in modern dance and choreography and has performed and choreographed professionally in Hawaii, Seattle and New York City. Since 2003, Julie has been the Artistic Director of Avodah Dance Ensemble. The company offers annual week long residencies and monthly dance classes at women's prisons in Connecticut and Delaware. Julie's unique ability to disarm students and instill delight has made her a beloved teacher everywhere she travels. Julie teaches Guided Meditative Movement, her own synthesis of her passion for yoga, dance and spirituality.



ON RETREAT...

Robin and Julie invite you to join them on a journey of self discovery! Using asana, pranayama, meditation & self inquiry as a foundation, we'll introduce Guided Meditative Movement to open your relationship to your body in new, unexplored ways. Practicing improvisation/free movement linked with yoga practice gives another reflection or way of perceiving yourself. As you engage in a conversation, a dialogue with your body, you'll learn to listen deeply. Shifting from meditation to movement to meditation again helps to break free of conditioned patterns of mind, moving beyond form into flow. This retreat, like the ocean breeze is a call to freshness; a remembering of the child-like state of present mind, encouraging your joyful spirit to shine. Come *play* with us!

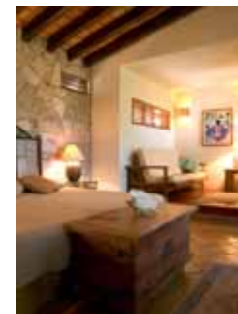


Leisure Time...

Mar de Jade is an invitation to leave the stress of daily life behind. On this pristine beach the only distractions are the tumbling of waves and the singing of crickets. We offer a variety of ecological excursions and activities to meet every need and taste: snorkeling, kayaking, horseback riding, surfing, bird watching, and more. Or you can simply doze under the sun and let the breeze carry your worries away.



Facilities include the majestic jungle Spa imbued with serenity that features a jacuzzi, cold plunge, steam room and treatment rooms with breathtaking views. Acupuncture, massage, facials, manicures and pedicures available by appt.



Logistics...

\$800 covers all yoga classes (minimum two sessions per day & some evening gatherings).

\$725 Early Bird discount if paid in full by Oct. 1st.

Non-refundable deposit of \$500 to reserve your space. Total due by Jan. 1st.. Register through **The Yoga Barn** at:

www.yogabarn.com or 425-427-0038.

Room and Board reservations must be made through **Mar de Jade** and are available on a **first come, first served basis**, so early reservations are recommended.

Rooms options vary in style and price. Most have private bathrooms with hot water, fans and views of the ocean or the lush jungle. Availability depends upon receipt of reservation deposit.. After Registering through **YB** for the retreat, please contact **Mar de Jade** at: their website and specify room preference. They'll do their best to accommodate your needs: www.mardejade.com or 1-800-257-0532.



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