



JAMAICA 2011

28TH ANNUAL YOGA VACATION WITH BARBARA BENAGH & JOHN SCHUMACHER

course one: February 6-13

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course two: February 13-20

Negril is a relaxed resort on the west coast of Jamaica, one of the Caribbean's most beautiful islands. A wonderful place to unwind and restore the soul. Negril is vibrant and brought alive by the people, their music, and a sultry climate that invites a leisurely way of life.

For 24 years John Schumacher and Barbara Benagh have welcomed students to join them for a week or two of yoga in Negril. The vacation they have created offers students the opportunity to explore in depth two distinctly different approaches to yoga. It is also an occasion for people who enjoy yoga and the exotic rhythm of Jamaica to get together and simply have a good time.

HOW TO REGISTER

1 Email info@yogastudio.org to reserve your space.

2 Send your non-refundable deposit of \$200 (payable to The Yoga Studio) to:

The Yoga Studio,
P.O. Box 1926,
Cambridge, MA 02139

3 Include your name, address, preferred contact phone number, email address as well as which course and options you wish to reserve.

CANCELLATION POLICY:

- Your deposit is non-refundable.
- The balance is refundable until 1/15/08 if your space can be filled.
- After 1/15/08 no refunds.

EACH COURSE INCLUDES:

- 2 yoga classes daily (Mon.- Sat.)
- double occupancy hotel
- brunch

COST TO BE ANNOUNCED

ADDITIONAL OPTIONS (prices per week)

- Limited single rooms are available for a surcharge: \$210
- Limited kitchenette rooms are available for a surcharge: \$40
- Companions are welcome. Hotel & brunch only: \$595
- Limited "Class Only" space is available (No lodging or brunch): \$695

- Ground transportation from the airport to Negril can be purchased for \$40.

PLEASE NOTE:

- The Yoga Vacation in Jamaica is best suited for experienced Yoga students.
- Yoga class meets twice daily Monday - Saturday.
- Reservations are Sunday-Sunday with arrival and departure from Montego Bay Airport.

Lodging and classes meet at Sunset on the Cliffs Hotel (formerly Coral Seas), a small, cliff side hotel. All rooms have two beds and ocean facing balconies. An abundance of water sports, tours, and restaurants are available to enjoy in your free time.

THE TEACHERS

John Schumacher, cited by Yoga Journal as one of "25 Americans who are shaping yoga today", is a pupil of B.K.S. Iyengar and a certified advanced teacher in that method. He is the founder and director of Unity Woods Yoga Center in Bethesda, MD, the nation's largest Iyengar center. John teaches worldwide guiding students to experience the richness that is possible through the practice of yoga.

Described by Yoga Journal as "one of the most intelligent and insightful teachers around", **Barbara Benagh's** innovative and distinctive slow flow style has evolved from over 30 years of devoted practice. She teaches in the Boston area and travels extensively to lead master workshops. Author of numerous articles about yoga, Barbara is also featured on five DVDs produced by BodyWisdom (bodywisdommedia.com) and live class recordings by Heart of the Moon Media (heartofthemoon.com).

IF YOU HAVE FURTHER QUESTIONS:

617-566-1489

or email:
info@yogastudio.org

For more details online:
www.yogastudio.org