

# Pulse Yoga and Mexican Cuisine in Punta Mita Jan. 28-31, 2010



## Friday Jan. 29<sup>th</sup>

Cooking class                      9:00 – 11:00 am  
Pulse Yoga                            2:00 – 5:00 pm

## Saturday Jan. 30<sup>th</sup>

Pulse Yoga                            10:00 am – 1:00 pm  
Cooking class                        2:00 – 5:00 pm

## Sunday Jan. 31<sup>st</sup>

Pulse Yoga                            7:00 – 10:00 am

\$1,225 Double Occupancy

\$1,400 Single Occupancy

Includes 3 nights lodging & 2 meals, 3 days Pulse and 2 cooking classes

Air and ground transportation not included

Special room rates available before and after retreat dates

Register at [pulseyoga.com](http://pulseyoga.com) (Pulse In Person page) or call (888) 942-9642