



William Prottengeier is a certified Iyengar instructor, who has been practicing yoga since 1975, and teaching yoga since 1979. He studied with Swami Veda Bharati for 15 years. William's teaching flows from the Hatha Yoga tradition of B.K.S. Iyengar, with Ramanand Patel as his primary teacher in the U.S. His other major influences are the Vipassana and Advaita Vedanta traditions. William's teaching weaves these traditions into the practice of asana, blending and balancing concentration and precision in asana practice with mindfulness and compassion in daily living.

Gabriel Halpern is a full-time certified Iyengar instructor, director of the *Yoga Circle* in Chicago for the last 24 years. He has also been a core faculty member at De Paul University's theater department for the last 21 years. After nearly four decades of practice and three trips to India, his teaching is a celebration of all that is yoga: science, philosophy, art form and mystical mentoring. Gabriel embodies the yoga of family life and relationship.

Yoga Vacation in Mexico

Minneapolis Yoga Workshop
2637 27th Avenue South
Suite 207
Minneapolis, MN 55406
www.mpls-yogaworkshop.com
mpslsyogworkshop@hotmail.com

Yoga Circle
401 W. Ontario Street #210
Chicago, IL 60654
www.yogacircle.com
theyeiste@yahoo.com

Yoga Vacation in Mexico

With William Prottengeier
and Gabriel Halpern



March 13-20, 2010

Come and experience the joy of a yoga vacation with William Prottengeier of the *Minneapolis Yoga Workshop* and Gabriel Halpern of Chicago's *Yoga Circle*. Just one half-hour south of Cancun, yet far removed from the crush of civilization, the tranquil shores of Mexico offer everything for a restful yoga getaway. We will stay at Villas Shanti resort, a 15-minute walk to the peaceful, quiet village of Puerto Morelos. Here you will find the relaxed approach to life for which the tropics is famous. In town are a number of excellent restaurants that cater to the preferences and variety of visitors' needs, as well as a market-place with fresh local produce.

Our daily schedule will include vipassana meditation, asana, and pranayama practice. William and Gabriel's unique teaching gifts provide a solid base of challenge and fun. This vacation will heal and transform.

Arrival: Fly into the Cancun airport, which is 30 minutes by taxi from Puerto Morelos. Once we have your flight arrival information, we will try to connect you with someone else from the group arriving at approximately the same time to arrange an airport pick-up. Check-in is Saturday, March 14 in the afternoon. There will be a restorative class from 5:30-6:30 p.m. that evening, followed by a welcome dinner at 7 p.m..

Departure: We will share a farewell dinner Friday, March 19. Classes end Saturday morning, March 20, with a shortened schedule that morning, ending at 9 a.m.

Daily schedule:

- **Meditation** 7:30-8:00 a.m.
- **Asana class** 8:15- 10:00 a.m.
- **Brunch** is served right after the morning asana class
- **Restorative/Pranayama class** 5:00-6:30 p.m.

No class Wednesday afternoon. Take an extended day trip or enjoy a day of leisure. There will be some evening activities. We guarantee a great time with a fantastic group of yogis from around the country.

Accommodations: The double rooms at Villas Shanti are located around a central courtyard, with private bath and kitchenette, and overlook a freshwater pool. Bottled water and daily maid service are included. The resort is private, secure and quiet. The beach is across the street, with a fabulous reef for snorkling.

For single accommodations and accommodations either before or after the yoga vacation, contact Jack Lowe at vshanti@prodigy.net.mx

Fee: \$1200 double occupancy and \$1400 single occupancy. Air fare and airport transfers are not included. Single accommodations are available except on the very rare occasion that Villas Shanti does not fill. Overflow housing is available within a five minute walk.

To reserve your place at beautiful Villas Shanti March 13-20, 2010 send your deposit of \$300 per person to:

The Minneapolis Yoga Workshop
2637 27th Ave.S., Suite 207,
Minneapolis, MN 55406.

Balance of \$900.00 is due by Feb. 1, 2010.

Deposits will be refunded (less a \$50.00 handling fee) for reservations cancelled in writing (e-mail notification is acceptable) on or before Feb. 15, 2010. After that date, no payments will be refunded unless we can find someone to take your place.

If you would like to join us in Mexico, we urge you to register promptly, as space is limited.

If you have questions please call or email:

- **William at 612-253-5115 or mplsworkshop@hotmail.com**
- **Gabriel at 312-915-0750 or themeiste@yahoo.com**



Registration for the 2010 Yoga Vacation in Mexico

Name _____

Address _____

City/State/Zip _____

Day Phone _____ Evening Phone _____

E-mail _____

Single Accommodation Requested

Roommate Request _____

