

The Essence of Being

A Yoga – Satsang – Vacation Retreat in Sayulita, Mexico

March 4 – 11, 2017



Casa Corazon is one block from the beautiful north beach in Sayulita, Mexico.

Book early - best rooms go first!
for more information on accommodations,
contact jim@relaxedfocus.net



To Register:

Email: marliesinfo@gmail.com

Send a \$250 deposit to:

M. Cocheret, 147 S. River Street #230

Santa Cruz, CA 95060

For more information:

www.marliescocheret.com

– With Jim Gallas and
Marlies Cocheret de la Morinière
at Casa Corazon, Sayulita Mexico

\$1,395 includes:

Luxury DOUBLE occupancy accommodation,
7 full breakfasts, 1 gourmet greeting dinner,
all instruction from both teachers

Daily Schedule:

- Morning Yoga or Qi Gong
- Satsang (Dharma talk dialogue)
- Afternoons are open for hammock time, surf lessons, lounging on the beach, hiking in the jungle, swimming, paddle boarding, horseback riding
- Late afternoon restorative yoga or movement, dance, meditation, Tandava
- Some evenings: meditation, satsang or Qi Gong



Marlies Cocheret del la Morinière, MA has been offering satsangs and retreats since 2000 when Adyashanti asked her to teach. Marlies works as a spiritual teacher, psychologist, a certified Hakomi therapist and a certified tantric educator internationally. www.marliescocheret.com

Jim Gallas has been teaching yoga for over 25 years. For over a decade, Jim has spent his winters teaching and offering bodywork in Sayulita. He also teaches Qi Gong, anatomy, shiatsu massage and Reiki. www.relaxedfocus.net

**We'd love to have you join us for a week of tropical joy,
deep silence and profound relaxation!**

