

YOGA | PILATES | SUP | CINOTE & RUIN EXPLORING | KITE SURFING



Join us for a rejuvenating retreat in Maya Tulum

The theme of this retreat is “Creative Me”, based on Oprah and Deepak’s meditation “Creative Me”, exploring how rest, play and rejuvenation is so important! “Rest and play are not luxuries, they are part of our destiny to simply BE” - Deepak. Rest, play and rejuvenation gives way to receive the messages that the universe is sending you.

Come *Dance Through Life* with us as we show you how to meditate, teach you the foundational principals of yoga, help you enjoy the flow of yoga, teach you basic Pilates exercises that you can take home with you, show you how to enjoy adventures such as SUP, ruin exploring, kite surfing and Cinote exploring. At the end of a cold and long winter, everyone needs some warm, spiritual, grounding sun to reignite ones self and put you on a path of gratitude before summer.

“There is always an instant connection with everyone on these retreats (I’ve been to three of them). Elizabeth has a wonderful gift of combining her knowledge of yoga & Pilates, her incredible sense of humor and her spiritual wisdom to create a wonderful week. By the end of the week, I felt stronger, more flexible and most importantly, very peaceful.”

~ Kathleen C.



with Elizabeth Sullivan & Moonstone Jackson
bios on back

May 3 - 10 2014

PRICES RANGE FROM

\$1435 to \$1885

Depending on cabana size.
SEE BACK FOR DETAILS

Space is limited.

To register or for more information, contact Elizabeth at
www.abbundance.com
303.596.0066
yogeliz.es@gmail.com



ELIZABETH SULLIVAN

Elizabeth has been in the fitness industry for over 30 years. Her background stems from an extensive dance career of performing internationally, commercially and in theatres. She has been teaching Pilates and yoga since 2001 and has a deep love of helping people feel better within their own bodies and teaching clients the correct alignment and fundamentals. She is currently the director of Pilates & Movement at the Athletic Club Westin/Westin Resort & Spa at the base of Beaver Creek, Colorado. She has raised three children (now young adults) and has a passion for skiing, cycling, SUPing, laughing, and loving! She started AbBunDance Adventures to create the sense of excitement, accomplishment and renewal within a vacation.



MOONSTONE JACKSON

Moonstone Jackson has been a practitioner of yoga for many years. He has studied under Lisa Richards, along with a host of other inspirational yogis. Traveling to India and Nepal with his guru has shaped Moonstone's yogic philosophy, creating a transformation from yoga as a physical practice to an all-encompassing way of life. He inspires his students towards physical and spiritual inquiry through a lighthearted and celebratory practice. Vinyasa based Moonstone's flows will elevate your energy and inevitably, lead to bliss.

PRICE INCLUDES:

- 7 nights accommodations (*double occupancy*)
- 6 days of sunrise meditation
- Morning yoga and Pilates practice
- Evening restorative yoga and meditation
- All breakfast, lunch and dinner at Shambala Petit Hotel
- Transportation for the group to-and-from Cancun Airport
- All taxes

PRICE EXCLUDES:

- Airfare
- Extra 'off site' meals, excursions, massages and facials

Please consider participating in our Mayan family donation



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