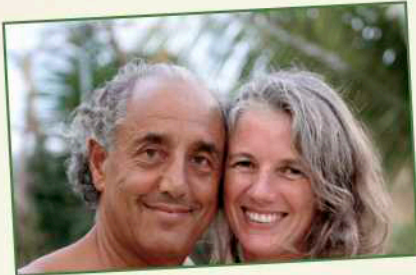


BROMLEY, JAMAICA PRESENTS

AN ANUSARA WEEKEND RETREAT PATHWAY TO THE HEART

PETER GOODMAN
AND
DEANNA ALVAREZ



Peter and DeAnna are both Anusara-inspired yoga teachers dedicated to this pathway of the heart called Anusara yoga. As students of John Friend they have a combined total of 3000 hours of training and are passionate advocates of each student's awakening to their own blissful nature!

Anusara Yoga celebrates the creative freedom of the Divine in all beings and honors students of all levels!

for more info on the teachers see:

www.BlissBrothersYoga.com and www.MagicalHeartYoga.com



Besides yoga you will be treated to a night of trance dance with our troupe of Rastafarian drummers, a hike down a gorge to swim in the headwaters of the White

River, a four-wheel drive to a private secluded beach, tasty Caribbean inspired meals and the cool and tranquility of mountain views.



Nov 11-13, 2011

Friday 5:30 - 7:30pm

Saturday 8:30 - 11:00am
and

5:00 - 7:30pm

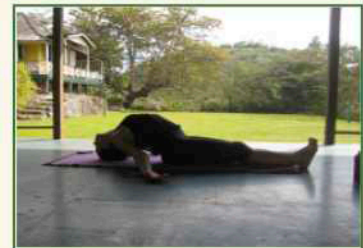
Sunday 9am - 12pm

\$500 rate includes:

- * yoga
- * all meals
- * rooms double occupancy
- * excursions

*** SPECIAL OFFER ***
extend stay to 16th w/beach trips & spa visits (treatments not included) add: \$200

sign up early for best room allocation



RSVP or sign up by contacting

Alex Edwards # 415 531-3882

Alexandra.sale@gmail.com

for more information see:

www.bromleyjamaica.com