

**Disconnect to Reconnect – Yoga & Wellness Retreat in Sayulita, Mexico
November 5 – November 12, 2016**

FAQ's

What's a typical day look like on the retreat?

6:00 am	(optional!) self-guided sunrise meditation
7:30-8:45 am	Morning yoga practice – energizing vinyasa flow
9:00-10:00 am	Breakfast
10:00 – 5:00	Free time for hiking, swimming, spa treatments, optional activities like horse-back riding, surfing, etc
1:00 – 2:00 pm	Lunch
5:15-6:30 pm	Restorative or Gentle Flow Yoga
7:00-8:30 pm	Dinner
8:30 – bedtime	Stargazing, bonfire (will be available on certain nights), shooting the breeze

Schedule Notes:

Monday: Chaturanga workshop from 11:00-12:00 pm for those who are interested.

Wednesday will not have scheduled yoga classes to allow time for an optional group full day excursion.

Night out: if the group wants to organize a night out to a town nearby, we can discuss making arrangements.

We'll be on Mexican time, so this schedule is a guide! Forget your watch at home, you're on vacay!

What type of yoga is practiced at the retreat?

The morning class is vinyasa flow. Your teacher trained and studied in Thailand with Vikasa Yoga. 'Vikasa' means evolution. So it's a yoga practice that incorporates many different disciplines: Ashtanga, Iyengar, Kundalini, power, flow etc.

Varying in intensity, the creative sequencing is often accompanied by music. In addition, hands on assists and adjustments and a scented savasanna massage are incorporated into the 75-90 minute practice.

At the retreat, we will also practice gentle flow and restorative yoga in the late afternoon and evening. This is a slower pace and also includes passive poses that are held for longer periods of time. These classes are designed to encourage deep relaxation, stretches and mind-body connection.

Each day's yoga practice will be based on one of the seven chakras.

What type of yoga experience do I need?

All of the classes at the retreat are designed to be accessible and beneficial to ***all levels*** of yogi's. The teacher will offer variations for poses and sequences in order to accommodate the beginner to advanced yogi.

I'm an absolute beginner, would this retreat be for me?

Retreat Insider "A mind that is stretched by new experiences can never go back to its old dimensions."

Yes! Absolutely! However, we do recommend that you go to a few beginners or all levels yoga classes before (or explore an online tutorial) to allow you to make the most out of your retreat experience.

I'm an advanced practitioner, would this retreat be for me?

As the practice will offer variations, advanced practitioners can flow at their level and enjoy the benefits of the class.

That being said, as it is an all levels retreat, advanced asanas and inversions will not be explored or incorporated into the daily classes (ie Pincha, Two Legged Inverted Staff, Drop-backs).

What's the age range of people coming to the retreat?

This always ranges! I've had retreats where the age range has been from 21-58! It's always an interesting group of people from all over the world.

I'm coming on my own. Are there many other solo-travellers?

The great thing about this retreat is that it caters to solo-travellers, couples and friends! We will share most of our meals together and spend the week together as a group. Coming on your own gives you the opportunity to really open up and make connections.

I'm travelling alone and would like to have a double room. Will you place me with a roommate?

Yes! We will match you with a roommate of the same gender!

What's the vibe of the retreat in terms of drinking?

This is a healthy, yet balanced retreat. It is certainly not restrictive! If you would like a beer in the afternoon or wine with dinner, go for it! It's your retreat after all. There is usually a mix of folks who imbibe and those who don't' on retreats.

More questions for the retreat leader and yoga teacher?

Email: info@retreatinsider.net

See you in sunny Mexico!