



NATURAL NOURISHMENT RETREAT, TAILWIND JUNGLE LODGE *San Pancho, Mexico, April 14 - 20th, 2012*

*Join YogaMa Barbara and Tamara "the jungle girl" for a week of nourishment and adventure at the Tailwind jungle lodge. As you do yoga amidst the palms and play in the waves, the magic of the jungle and ocean will delight your senses and nourish your body completely. Enjoy daily yoga sessions by YogaMa and nutrition workshops by Tamara, as well as fresh, healthful local cuisine and adventure tours of the coastline.
Get ready for inspiration and natural nourishment!*



Reservations made at www.tailwindjunglelodge.com or e-mail info@tailwindjunglelodge.com

ENJOY THE BEAUTY OF THE MOMENT AND EMBRACE THE NATURAL WORLD.



Included in the retreat:
6 nights, 7 days accommodation
Daily Yoga and short meditation
Holistic Nutrition workshops
Fresh, healthful meals
Cultural excursion to San Pancho
Relaxation time on a secluded white sand beach
A free margarita!

Additional Optional Activities

*Sea kayaking Tour
Surfing or Stand Up Paddle Boarding Excursions
Jungle Hiking
Massage, Reiki, Reflexology, Ayurvedic Services*

*Starting at ONLY \$960 per
person in shared accommodation!*



ABOUT THE TAILWIND JUNGLE LODGE:

Perched in the canopy, just outside of the charming town of San Pancho, Mexico. The Tailwind Jungle Lodge is the perfect setting to find tranquility and experience the jungle at its best! The lodge's creatively designed, tree-house like bungalows, palapas and casitas are nestled amidst 5 acres of truly stunning jungle ridges descending to white sand beaches and the vast pacific ocean.



San Pancho is located an hour's drive north of Puerto Vallarta International Airport making it easy for you to plan your air travel. Once in Puerto Vallarta, a taxi will pick you up and bring you directly to the lodge so you can relax from the get-go!



During your time with us, you may choose among the following lodging options:

Shared Accommodations (2 - 4 people): \$960/person

Private Accommodations (1 person): \$1260/person

ABOUT YOUR RETREAT LEADERS . . .



Tamara Jacobi, "the jungle girl" www.junglegirlhealth.com

Tamara is the manager of the Tailwind jungle lodge and she is excited to be your host! She is committed to living life fully and sustainably, while striving to maintain a healthy balance. Tamara recently became a certified holistic health coach and will be leading holistic health and nutrition workshops throughout the retreat. Tamara will also be your adventure guide for sea kayaking, hiking and Stand Up Paddle boarding tours. She is excited to share her inspiration with you.

Yogama Barbara, www.yogamabarbara.com

Barbara Powell, affectionately known as Yoga Ma by her students, is a long-time yoga practitioner and teacher with a deep personal practice in the meditative arts. She was the senior instructor for many years at Tias Little's previous studio, YogaSource in Santa Fe, NM and has led and participated in numerous retreats throughout North America, Mexico, Costa Rica and India.

She has been leading retreats for the past seven years each winter while living on the beach in her "temple-on-wheels" in various coastal locales throughout Mexico. Her own practice, as well as her teaching, is reflective of all eight limbs of yoga and the teachings of the dharma as they relate to our present moment experience. Her style is gentle yet empowering, with a focus on encouraging students to uncover their own inner teacher.