

MELAQUE YOGA AND PILATES HOLIDAY CALENDAR: NOVEMBER 7 – 14, 2009

	Nov 7 Sat	Nov 8 Sun	Nov 9 Mon	Nov 10 Tues	Nov 11 Wed	Nov 12 Thurs	Nov 13 Fri	Nov 14 Sat
7:45am		Beach walk 30min	Beach walk 30 min		Hatha Yoga 8:00 -9:00	Beach walk 30 min		
7:30- 9:00am		Light Breakfast	Light Breakfast	Light Breakfast 8:00am Beach walk to Barra	Light Breakfast 10:00 –3:00 Open Market	Light Breakfast	Light Breakfast	Light Breakfast
9:00am		Yoga Trance	Fusion Movement	Standing poses		Fusion Movement	Yoga Trance	Hatha Yoga
9:30am		Pilates Fusion	Pilates Fusion	Pilates	Tenacatita** (extra cost)	Pilates Fusion	Pilates	Restorative Yoga
10:00 – 11:00am		Hatha Yoga	Hatha Yoga	Hatha Yoga	Tenacatita snorkeling	Hatha Yoga	Hatha Yoga	
11:00 – 11:20am*		Imagery And Meditation	11:30 Biking to Barra*** (extra cost)	Imagery and Meditation	Tenacatita lunch beach day	Imagery and Meditation		
5:30pm	Hatha Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga 6:00 – 7:00	Restorative Yoga	Restorative Yoga	Guest departure 12:00 – 4:00
7:00pm	Opening Party at Maya Restaurant	Free night	Free night	Free night	Free night	Free night	Pot Luck Dinner Party	

*Massage (\$50.00 US) available daily from 12:00 – 6:30): Book your massage upon registration to secure your desired time slot.

**Tenacatita (\$65.00 US): A 30 minute drive to the beach, guided snorkeling and boogie boarding lessons, swimming, walking and a freshly caught lunch plus beverages.

***Bike to Barra (\$10.00 US for the bike rental): A 40 minute ride through banana fields, boat trip to Mary's Bar for lunch (cost not included).

PUERTO VALLARTA YOGA AND NIA HOLIDAY CALENDAR: NOVEMBER 19 – 25, 2009

	Nov 19 Thurs	Nov 20 Fri	Nov 21 Sat	Nov 22 Sun	Nov 23 Mon	Nov 24 Tues	Nov 25 Wed
7:15am		Malecon walk			Malecon walk		
7:30 – 8:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am		Nia	Nia	Nia	Nia	Nia	
9:45 - 10:15am		Pilates Fusion	Hatha Yoga 9:45 – 10:45	Yoga Trance	Pilates Fusion	Standing poses	Closing class 9:00 – 11:00
10:15 - 11:15am		Hatha Yoga	Beach hike Las Animas	Hatha Yoga	Hatha Yoga	Hatha Yoga	
12:00pm *		Buffet lunch at Anna's	Beach hike** 2 hours, swimming en route	Beach day at Lindo Mar	Mexican cooking class with Anna**** (extra cost)	Sailing the coast of Puerto Vallarta***** (extra cost)	
1:00 - 5:30pm	3:00pm on Guest arrival at Casa	2:00pm Shopping, Tour of Old Town	Beach lunch Boat ride back** (extra cost)		Free day	Sailing	Guest departure
5:30 - 6:30pm	Hatha Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	
7:30pm	Opening Dinner Party at Barb's	Free night	Free night	Free night	Pot luck dinner at Casa	Free night	

*Massage (\$50.00 US) available daily from 12:00 – 6:30): One hour and 15 minutes stone massage, Book your massage upon registration to secure your desired time slot between.

**Beach Hike is along the coast line of Puerto Vallarta. There is a cost of your own lunch and \$3.00 US boat ride back.

**** Mexican cooking class and lunch with Chef Anna (\$30.00 US).

*****Sailing the shores of Puerto Vallarta (approx \$70.00 US). An afternoon of drinks and snacks while enjoying the soft wind and shoreline.