

THE CHAKRAS, A PATH TO THE SELF

Yoga exploration, Masters Crafts Fair in beautiful Lake Chapala, Mexico.

For the fifth consecutive year, it is my pleasure to invite you to join me for some restful and healing yoga at this very special retreat in Mexico, this coming November 10,11,12,13,14 and 15. This year, your home away from home will be Hotel Montecarlo, owned by University de Guadalajara, famous for its beautiful grounds with peacocks roaming and thermal pool. Our yoga classes will conveniently take place in one of their “salon”. The guest rooms all have private baths, two double beds, tv, but no refrigerators, coffee/tea making facilities. There is also high speed internet access, a swimming pool and a large garden for your enjoyment .You can look it up on line.

Just one half hour ride from the closest airport in Guadalajara, Chapala is famous for its malecon with spectacular view of Lake Chapala. You will also have the opportunity to visit Ajijic, a 16th century village having a lot to offer: temperate dry weather, scenic cobble stone streets, art galleries, outdoor cafes and restaurants, even a golf course if you are so inclined. All this with the unique and rich Mexican culture offered on the backdrop of this mysterious lake.

The focus of this year’s retreat being the Chakras, wheels of subtle energy, we will explore these organs of the luminous energy field. How to energise them , to pacify them with breathing techniques (pranayama),hatha yoga, visualizations, massage. How to locate them in your own body, physical and subtle. We will even feed them with a very special dinner at Casa Vegana .

Time has also been allocated to explore the local culture at a workshop on cacao with an expert introducing us to this sacred ancient seed giving us the ubiquitous chocolate. Again this year, you will have the opportunity to attend the famous Feria Maestros del Arte, right in Chapala. The best artisans come to us once a year from all parts of Mexico to offer the best of their crafts. The rich original diversity of their creations will dazzle you. A visit to the nearby colonial town of Ajijic is sure to delight you also.

During the six days of your retreat, you will relax and forget your daily cares, restore your aching body, be healed and nurtured from within with a series of restorative or easy yoga poses that will allow you to rest deeply and learn the art of living consciously. Complemented with lectures and meditation, the classes (10 in all) and treatments will take place on site, in our own private “salon”. One very special class, Yoga Nidra, will be thought to you by Karen, one of my favourite teacher from Canada attending the retreat this year. She will prepare you for the best night sleep.

The cost of the retreat is \$455.00 US per person, \$600.00 CN (same as last 2 years!!!) and includes: 5 nights in shared rooms , 5 breakfasts, 10 yoga classes, meditation sessions, one personal reflexology treatment and one personal aura and chakra analysis, a cacao workshop and ceremony and a vegan dinner. Not included are lunches and dinners (except the vegan meal on Tuesday night), the entrance to the fair(70 ps this year). You are welcome to join us for the yoga retreat part only without staying at the Hotel, price will be according to what activities you would like to participate in.

There are few spots available, a deposit of \$150.00 US will secure your place. Reserve by e-mail at latikayoga@hotmail.com. For Mexican residents, there might be car pooling available from Melaque, otherwise, Chapala is available by bus from all major centres.

For more information, feel free to phone me in Ajijic at (52, country code) 376 106 2131.

Yours in Yoga,

Latika Pierrette Claude

Add: I strongly recommend you bring with you Marion Mugs McConnell's book "Letters from the Yoga Masters", ISBN 978-1-62317-035-6. "A brightly shining light" (Mark Stephens' comment), Mugs has been my teacher, my guru, my friend for more than 10 years. We will use some of the material in her book for some of our practices.

2017 Schedule of your Yoga Retreat in Chapala

Day 1, Friday Nov. 10

2.00 pm, arrival time, settling into your room, soak in thermal pool

4.00 yoga class in the salon

6.30 dinner in town or at the hotel

9.00 orientation meeting in the salon

Early to bed

Day 2, Saturday Nov.11

6.30 am wake-up call, juice and coffee in the salon, walk on the malecon

8.00 yoga class in the salon

10.30 breakfast

12.00 visit the Feria Maestros del Arte, meal at the Feria

5.00 soak in the thermal pool

7.00 restorative yoga in the salon

Early to bed

Day 3, Sunday Nov.12

6.30 am wake-up call, juice and coffee in the salon, walk on the malecon

8.00 yoga class in the salon

10.30 breakfast

12.00 free time to explore Ajijic (or return to the Feria), meal on your own

6.00 soak in the thermal pool

7.00 restorative yoga

Early to bed

Day 4, Monday Nov. 13

6.30 am wake-up call, coffee and juice in the salon, walk on the malecon

8.00 yoga class in the salon

10.30 breakfast

12.00 cacao workshop and meal at Luna Cacao in San Antonio

5.30 return to hotel, soak in pool

7.00 Yoga Nidra with Karen

Early to bed

Day 5, Tuesday Nov. 14

6.30am wake-up call, juice and coffee in the salon, walk on the malecon

8.00 yoga class in the salon

10.30 breakfast

12.00 reflexology and Chakra/Aura analysis in the salon, soak in pool in between

4.00 easy yoga class in the salon

6.30 dinner at Casa Vegana

8.30 satsang in the salon, conclusion of formal retreat

Day 6, Wednesday Nov.15

6.30 am wake-up call, juice and coffee in the salon, packing for leaving

8.00 last yoga class

10.30 breakfast at Cafe Negro and visit Ajijic tianguis (market)

2.00 (?)return home

Looking forward to share with you my love of Yoga, the richness of the Mexican crafts and culture in one of the most beautiful and celebrated spot of Mexico.

