



APRIL 28 - MAY 4, 2012  
OCTOBER 6-12, 2012

## WHAT IS HEART TO CORE AND WHAT WILL I GAIN?

Heart to Core is an empowering week-long Fitness Yoga Retreat that will develop core strength, self awareness and a new sense of vitality. After seven days at Villa Ananda, you will come away with

- Increased body tone and physical endurance
- Enhanced flexibility
- Practical tools for healthy living with emphasis on nutrition for your body type
- A relaxed state of mind!

## WHO CAN PARTICIPATE?

Anybody! HTC is a highly transformational, fun filled week. It is recommended that participants be involved in some kind of fitness activity, as the program is physically demanding. We support you in every step of the program and encourage self-discipline to create amazing results in You!

## WHAT DOES HTC INCLUDE?

- 1) Morning and Sunset Yoga Class
- 2) Daily Power Nature Walks
- 3) Afternoon activity may include swimming, paddling, beach walking
- 4) Exquisite Ayurvedic Cuisine primarily vegetarian with fresh fish served
- 5) One-on-one Lifestyle & Nutrition Consultation and Aromatherapy Massage  
(afternoon free time available for additional Spa Treatments)
- 6) Evening activities may include Temazcal, Movie Night, outing to traditional Mexican village

## WHERE DOES HTC TAKE PLACE?

After flying into Puerto Vallarta, you will travel 40 minutes north to a secluded neighborhood of vacation villas in a jungle environment. Here you will discover the wonders of Villa Ananda, Mexico's premiere Ayurveda destination Spa and Retreat center. All activities will take place in Villa Ananda's peaceful beachfront setting which include private suites, outdoor yoga, patio poolside dining, lovely garden spots for relaxing, Kutir meditation hut and Ayurveda Spa for treatments. Each day we venture out for Power Nature Walks through the rolling hills, jungles and villages in the area.



## WHAT IS A LIFESTYLE & NUTRITION CONSULTATION AND MASSAGE?

- Lifestyle & Nutrition Consultation* –  
 This is an opportunity for self-discovery. A survey of health history and observations are done to determine your body type and current state of balance. Together we set intentions for your Retreat experience. Throughout the week, you will receive tools to support you on your way to balanced living including nutrition, herbs, essential oils and lifestyle recommendations.
- Aromatherapy Massage* –  
 One afternoon, you will receive an 60-minute deeply relaxing massage with a specific blend of essential oils applied warm to the body. A combination of long fluid strokes and deep pressure work to relax tight tissues and muscles after the day's activities. Spa treatments are available each day at additional cost.

## PROGRAM SCHEDULE

	APRIL SCHEDULE
Arrive:	Saturday, April 28, 2012 Orientation, Dinner, Get Settled
HTC Retreat:	Sunday – Thursday, April 29 - May 3
Depart:	Friday, May 4, 2012

	OCTOBER SCHEDULE
	Saturday, October 6, 2012 Orientation, Dinner, Get Settled
	Sunday – Thursday, October 7-11
	Friday, October 12, 2012

## TYPICAL DAY

6:30	Wake Up
7:00	Yoga Class
8:00	Breakfast
9:00	Depart for Nature Power Walk
1:30	Lunch
2:00	Time Off - Spa Treatments scheduled during this time
4:00	Afternoon Endurance Activity
6:00	Yoga
7:00	Dinner
8:00	Varied Evening Events
9:30	Good Night



# Heart to Core

FITNESS & YOGA RETREAT  
GETTING THERE / LODGING / COST

## GETTING THERE

- Fly into Puerto Vallarta. We provide transport to/from airport. Villa Ananda is located 40 minutes north of airport.

## LODGING

- Guests stay in double occupancy suites at Villa Ananda with their own private bath, shower and lovely garden. Private Suite is available at an extra charge.

## COST

- Heart to Core program cost is \$2,450
- Includes transport to/from airport, food, lodging, activities, consultation and massage treatment.
- Optional gratuity for Villa Ananda staff not included in cost.
- 50% deposit is required to reserve your space and remaining 50% due 30 days prior to start of program.
- Program Limited to 6 persons.
- Deposit is fully refundable when cancellation made within 30 days prior to arrival.

## PREPARATION / WHAT TO BRING

- Preparation:  
Daily dose of exercise and stretching are key for preparing yourself prior to coming to the HTC Retreat. Favor fresh, wholesome foods and get enough sleep.
- What to Bring:  
Pack light. Bring appropriate shoes for hiking. Focus on workout clothing with a few comfortable layers for night activities. Swimsuit, hat for sun protection, sunglasses, sunscreen and small backpack recommended.



*Visit the sacred space of Villa Ananda.  
We invite you to let go, honor yourself and have  
fun on a vacation that will transform You!*

*Om Shanti - Villa Ananda*