

# JORGE LUNA

## YOGA RETREAT IN MEXICO CITY

Oct 30 - Nov 3, 2014  
HOTEL CAMINO REAL POLANCO



Join Jorge for a once-in-a lifetime experience of yoga and cultural experiences in Mexico City. Over the long weekend, mornings will be dedicated to a strong yoga practice followed by privately guided sight-seeing tours centered around the Day of the Dead. A few highlights include the Teotihuacan Pyramids, the Frida Kahlo Museum, the Historic City Center and bazaar shopping. Come to strengthen your practice and invigorate your senses.

Hosted at the Camino Real Polanco, we will do daily morning yoga followed by breakfast and then sight-seeing. Each day is unique and will be well balanced to allow cultural experiences and relaxation. Day of the Dead is very different from American Halloween, therefore this is an amazing trip to include your whole family and experience new traditions together.

What makes this yoga journey so unique is our focus on the Day of the Dead, which takes place October 31 - November 2. It's a very colorful and celebratory time commemorating passed family members and loved ones. Traditions connected with the holiday include building private altars called ofrendas, honoring the deceased using sugar skulls, marigolds, and the favorite foods and beverages of the departed, and visiting graves with these as gifts.



Jorge Luna

[www.jorgeluna.com](http://www.jorgeluna.com)

### ACCOMMODATIONS:

**Single Occupancy:** \$1,555 per person  
*Executive room, king bed*

**Double Occupancy:** \$1,245 per person  
*Executive room, 2 queen beds*

*All prices above are on a per person basis and include 4-night accommodations, transfers to and from hotel (if on recommended flights), yoga, breakfasts and sightseeing with private guides and transportation. Excludes airfare (although group airfare may be available for registrants), transportation to and from hotel (unless recommended flights), lunches and dinners.*

### REGISTRATION INFORMATION:

**Arrival:** Thursday, October 30

**Departure:** Monday, November 3

*Transportation to and from the hotel will be available for registrants taking the following flights from Aeromexico: Flight 645 LAX to Mexico on October 30 & Flight 642 Mexico to LAX on November 3.*



### REGISTER NOW!

Contact Jorge Luna at 310.927.3222  
or [jorge@jorgeluna.com](mailto:jorge@jorgeluna.com)

*Limited space is available. Only 18 spots available.  
The group will fill up quickly so book now!*

**RETREAT POLICY:** A non-refundable deposit of \$765 is due upon registration for single or double occupancy. Cancellations must be made by August 30. The remaining balance will be charged directly by the hotel after August 30.

