



### ACCOMMODATIONS

Welcome to the little hotel of dreams, a place to relax and indulge in this quaint tropical seaside village of Sayulita, Mexico

<https://www.hotelitolossuenos.com>

Once you settle into Hotelito Los Sueños, you really don't need to go anywhere. Unless you want to hit the waves on the beach, located no more than a 5-minute walk from the front door

Hotelita, not only has the ideal space for our practice, but they also have two pools, a smoothie bar/ breakfast buffet, a sunroof, bicycles and more for us to enjoy our stay.



### Investment:

**Single Occupancy \$1980**

**Double Occupancy \$1550**

### THE PROGRAM

**What's included:**

- 7 Nights/8 Days
- 2 locally sourced meals a day (breakfast, dinner)
- 30 CE's/ NCBTMB approved Thai Yoga course, taught by David Roma and Kelly Scott
- daily yoga & meditation
- Shuttle to and from the airport of Puerto Vallarta
- Boating to the Marietas Island- where we will snorkel, swim, sun bath, whale watch, dance and celebrate LIFE. Meals included

### More details

A 45-minute shuttle service from Puerto Vallarta airport provided twice on the 22nd

Single & Double occupancy available

Prepare to have your flip flops knock off when you experience the restaurants in the village. Dinner will be served by several restaurants throughout the retreat.

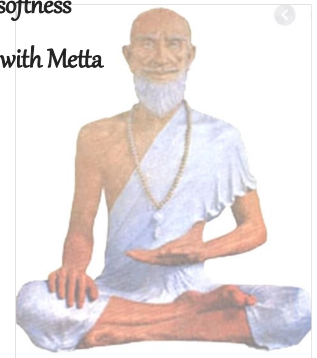
**Visit: [www.glowingbody.net](http://www.glowingbody.net)**

**[www.dragonflythaiyoga.com](http://www.dragonflythaiyoga.com)**

**[www.romathaiyoga.com](http://www.romathaiyoga.com)**

You can know the most amazing techniques, but what really defines how good your massage will be is your touch. If your touch is one of listening, it is out of softness

*-filled with Metta*



### Hotelita Amenities

- Air conditioning**
- Two Pools (new saltwater pool!)**
- Smoothie bar/Breakfast buffet**
- Sun terrace**
- Complimentary bikes & boogie boards**
- Library**
- WiFi is available in all**
- Non-smoking throughout areas and is free of charge**



Contact: Kelly Nichols Scott 865-919-6020