

# YOGA AT THE TAILWIND JUNGLE LODGE



Yoga in the jungle is a treat to every cell in your body. We have a variety of excellent yoga teachers who are ready to lead you through blissful yoga classes and retreats amidst the palms. Read about class options and rates below.

## HATHA FLOW & RESTORATIVE YOGA

*Instructor: Mary Bolton*

### **Class Description:**

Private sessions and classes with Mary are designed specifically to meet your needs. Your hatha flow or restorative yoga class will be tailored to support you in your practice. Mary's classes are great for all body types and skill levels. This class is an opportunity to delve deeper into your practice, your intentions, yourself.

Whether your goal is to simply stretch your body, relieve stress, enhance your vacation, or deepen your understanding of the practice, private instruction is the most effective way to meet your needs.

### **Rates:**

Up to 4 people is \$100 USD with \$10 per additional person.



# YOGA FOR SURFING & SUP

*Instructor: Carmela Carlyle*



## **Class Description**

Yoga can provide a "leg up" for athletes to target the energy, balance, mental focus and physical challenges of riding the waves. Surfing and SUP can be an external experience of what yoga describes as "true bliss" for mind, body and spirit. But, there is always the chance of injury that might feel less than "blissful." Carmela is skillful in working with injured athletes on the ride to healing and will guide you safely.

Private sessions and workshops will provide practical tips for effective yoga poses you can use to prepare for your water adventures. Carmela will also teach yoga techniques and poses to ease the stress when you come back to shore and offer recommended stretches for your home practice.

**Rates:** Private One Hour Sessions. 900 pesos per person. 1200 pesos/2 people. Workshops for Groups can be arranged.

# BALANCE YOGA: VINYASA FLOW

*Instructor Hilloah Rohr*

## **Class Description**

With Balance Yoga she incorporates the best of many yoga styles in ever changing, flowing sequences, with special emphasis on rebalancing shortened and weakened areas with isolated stretches and specific strengthening. Her careful style with attention to detail brings a safe and efficient form of yoga infused with music and a mindful flow of movement and breath. Hilloah's class is:

- Great for small groups
- Suitable for all skill levels
- Ideal for bodies over 50
- Safe & efficient
- Personalized instruction
- Joyful flow to music
- An opportunity to breathe, calm, reflect

**Rates:** \$60 for group of 4 people.  
\$15 per additional person.



# YOGA NIDRA MEDITATION

*Instructor: Carmela Carlyle*

Yoga Nidra is an opportunity to enhance and balance your active vacation or retreat experience! Lie down on a mat, supported by pillows and blankets, upon our yoga platform with the sky and jungle canopy above. Invite the sounds of the jungle and crystal singing bowls to accompany you on a deeply healing and relaxing journey.

## **Class Description**

Integrative Restoration, iRest, Yoga Nidra is a powerful ancient yogic practice that is medically proven to provide psychological and neurological tools to increase well-being, radically reduce stress and pain and to enhance a sense of mastery and equanimity in your life.



Meditation in general, and iRest Yoga Nidra specifically, is designed to restore your body, mind, emotions and senses to their naturally harmonious functioning. Your attention becomes free from distraction and dissatisfaction and is able to recognize your inner essence. Even as life continues to bring ease and difficulty, and everything in between, Yoga Nidra allows the opportunity to set your intention, identify an inner sanctuary, practice holding opposites and experience a refreshingly deep sense of equanimity and freedom from stress. Plus, it is a wonderful way to restore your energy and heal a tired body!

## **Rates**

Private one hour session \$75

Session can also be adapted to accommodate couples and groups.

## *Also Available: Yoga Nidra & Chocolate!*

Yoga Nidra and Mexican Chocolate Journeys featuring locally handcrafted, organic, dark, Mexican cacao, without sugar or milk, sweetened with maguey cactus! The dark chocolates are deeply delicious flavored with chile, honey or coconut.

**Please inquire.**

# MEET YOUR TEACHERS



## *Hilloah Rohr*

Hilloah has her M.S. Exercise Physiology degree. Hilloah has been involved in teaching fitness and wellness since 1970. Hilloah describes her work as "Creating Healthy Lifestyles" A lifetime of education, experience, passion, divergence, synchronicity, talent and hard work has merged to create her yoga practice and teaching. Hilloah divides her time between Bend, Oregon and San Pancho, Mexico. She also lead retreats in the Alps. Read more at [www.hilloah.com](http://www.hilloah.com)

## *Carmela Carlyle*

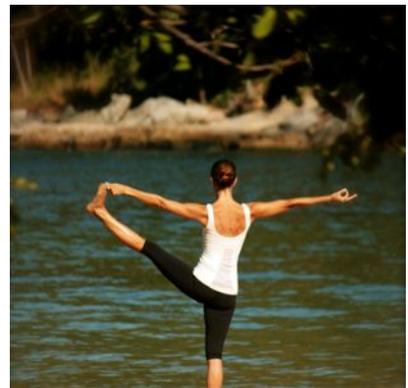
Integrating her skills as an experienced yoga therapist and psychotherapist, Carmela will guide you on a private, customized journey of healing self-inquiry, accompanied by the sound of her crystal singing bowls.

Carmela Carlyle, M.A. Clinical Psychology, is a Psychotherapist, Certified Integrative Yoga Therapist and iRest Yoga Nidra Instructor who trained with Dr. Richard Miller, PhD Psychologist, Yoga Master and Founder of iRest Yoga Nidra. [www.irest.us](http://www.irest.us) She has facilitated iRest Yoga Nidra and Yoga Therapy with diverse private clients and groups throughout the San Francisco Bay Area and now maintains a private counseling, yoga therapy and art therapy practice in her downtown home office in Sayulita. [contact@carmelacarlyle.com](mailto:contact@carmelacarlyle.com)



## *Mary Bolton*

Envisioning a world in which we are each living our most authentic, inspired lives, Mary shares her knowledge of the many practices of yoga to help others discover a richer, fuller experience of the world. She encourages exploration and a deeper understanding of the body as the vehicle through which we encounter ourselves and relate to the world around us. Mary's teaching is informed by her depth of study and infused with creativity and playfulness. She guides challenging and rejuvenating classes to tune and nurture the body, ultimately dedicated to freeing the mind



and unleashing the spirit. She intertwines breath with alignment and a deep internal connection to allow others to rediscover their innate brilliance.

A student of yoga since 1991, Mary has completed trainings in Anusara, Ashtanga, Vinyasa, Restorative, and Yoga Therapeutics. Her teaching is further enhanced by her studies in tantric philosophy, meditation, kirtan, sanskrit, and energy healing. Forever a student, she continues to refine and enhance her own practice in order to better serve others. Mary welcomes you to step into the practice with her and experience for yourself the magic, grace, and freedom that awaits along the path of yoga.

For more on Mary visit her website: [www.amritaspirit.com](http://www.amritaspirit.com)

## RESERVATIONS

Advanced reservation is required. Please e-mail [info@tailwindjunglelodge.com](mailto:info@tailwindjunglelodge.com) to reserve your yoga class.

