

*This is an opportunity you will not want to miss!!!*



*Yoga Among Friends is offering an intense, unique yoga experience at **Good Hope Being**, in beautiful Jamaica.*

Our goal is to blend the disciplines of various styles of Hatha yoga with the mindfulness of meditation in this like-minded community. The end result being one of the most incredible unforgettable yoga experiences you will ever have!!!



*Take the trip that will restore and renew every aspect of your practice*

Come to this magic place and join us on our annual trip to beautiful Jamaica..take the tools of yoga to enhance your wellbeing on and off the mat..as we go deeper into the study of the eight limbs of yoga..from the more physical to the invisible..in this special place come take the journey with us..enjoy great meals prepared with healthy choices, hikes on 2000 areas of beautiful surroundings.. Swimming in the warm Caribbean waters and lots of laughter and the lasting memories of sharing in a community of friends.



*For more information about **Good Hope Being** go to:  
[goodhopejamaica.com](http://goodhopejamaica.com)*

# *Yoga Among Friends 7<sup>th</sup> Annual Jamaican Retreat*



*In beautiful, serene*  
**Good Hope  
Jamaica**

*February 20 - 27, 2010*

*Enjoy yoga twice a day  
with  
J. Michael Taylor and  
Laura Jane Murphy*

*Both styles of yoga to deepen & enhance your  
practice. Iyengar style yoga with J. Michael  
Vinyasa flow with Laura Jane*

We will break down the asanas with fun,  
explorative classes which will expand body  
awareness and concentration as well as  
develop a safe and proficient understanding  
of alignment principles. There will also be  
a lot of hands on adjustments!!!

*Morning Schedule:*

Both styles of yoga. An hour of each  
with a 30 minute meditation.

*Afternoon Schedule:*

We will gather for another session  
of Asana & Pranayama.

*Not only will you enjoy the rejuvenating, daily yoga  
sessions there will be plenty of free time for exploring  
& experiencing the beauty of the island as well!  
Or just enjoy the serenity of Good Hope.*



Price is \$1850 per person based on double  
occupancy in beautiful air-conditioned rooms.  
Dose not include airfare.

***Reserve Before December 20<sup>th</sup>***  
And receive a 10% discount.

This price includes all teachings and meals.  
Transportation to and from Airport to Good Hope.  
Single occupancy rates are also available.

To reserve your space at this special rate,  
please contact one of the following...

***Yoga Among Friends  
(630) 960-5488***

*-or-*

***Tammy at (876) 610-2020/5798***

*-or-*

***goodhopejamaica.com***

