



yoga retreat with quinn kearney & claire mark

IN TULUM, MEXICO

FEBRUARY 9-16, 2019

DEEPEN YOUR PRACTICE BY JOINING CLAIRE AND QUINN FOR A DYNAMIC AND REJUVENATING EXPERIENCE OF YOGA AND MEDITATION. WE WILL COME TOGETHER FOR YOGA TWICE DAILY IN A BEAUTIFUL BEACHFRONT SETTING, ENJOYING THE FRESH OCEAN AIR, AS WELL AS GREAT FOOD AND GREAT COMPANY. THE GETAWAY WILL ALLOW YOU TO EXPLORE YOGA ASANAS, MEDITATION AND PHILOSOPHY WITHOUT DISTRACTIONS IN A FOCUSED AND SUPPORTIVE ENVIRONMENT. MAYA TULUM IS LOCATED RIGHT ON THE BEACH. TO FIND OUT MORE INFORMATION ABOUT THE RESORT, LOG ON TO MAYATULUM.COM

FOR QUESTIONS REGARDING THIS RETREAT, EMAIL CLAIRE AT CLAIREM555@AOL.COM OR CALL (773) 383-1429





COST

garden view	PER PERSON DOUBLE OCCUPANCY = \$1,900	SINGLE OCCUPANCY = \$2,700
ocean view	PER PERSON DOUBLE OCCUPANCY = \$2,100	SINGLE OCCUPANCY = \$3,100
ocean front	PER PERSON DOUBLE OCCUPANCY = \$2,250	SINGLE OCCUPANCY = \$3,350

THE COST OF THE RETREAT INCLUDES THREE MEALS DAILY, ACCOMMODATION FOR SEVEN NIGHTS, AND YOGA. TAXES AND TIPS ARE ALSO INCLUDED. THE COST DOES NOT INCLUDE AIRFARE, OR TRANSPORTATION TO AND FROM THE RESORT. TO RESERVE A SPACE, PLEASE FILL OUT THE FORM BELOW AND SEND IT, WITH A DEPOSIT OF \$500 TO:

YOGAVIEW
 ATTN: QUINN KEARNEY
 2211 N. ELSTON AVENUE, SUITE 200, CHICAGO, IL 60614

CHECKS SHOULD BE MADE PAYABLE TO "MAYA TULUM YOGA RETREAT". THE BALANCE OF YOUR PAYMENT MUST BE RECEIVED BY **NOVEMBER 15, 2018**. ALL DEPOSITS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. CANCELLATIONS MUST BE MADE 30 DAYS BEFORE THE RETREAT BEGINS. NO REFUNDS FOR CANCELLATIONS WITHIN 30 DAYS OF THE EVENT, UNLESS WE CAN FILL YOUR SPACE. NO REFUNDS WILL BE GIVEN FOR FAILURE TO ATTEND OR COMPLETE THE RETREAT.

TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DIDN'T DO THAN THE ONES YOU DID DO. SO THROW OFF THE BOWLINES, SAIL AWAY FROM THE SAFE HARBOR. CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE. DREAM. DISCOVER."

- Mark Twain

QUINN KEARNEY

AFTER TEN YEARS OF STUDY IN THE MARTIAL ARTS, QUINN KEARNEY DISCOVERED YOGA IN 1990. HE TEACHES AND PRACTICES ASHTANGA YOGA AND CLASSICAL HATHA YOGA, AND FEELS THAT THE PRACTICE IS A REVOLUTIONARY MEANS OF INTEGRATING BODY, MIND AND SPIRIT. HIS TEACHING IS INSPIRATIONAL, SUPPORTIVE, NON-DOGMATIC AND CONSTANTLY EVOLVING. QUINN HAS AND CONTINUES TO STUDY WITH MANY SENIOR TEACHERS ALL OVER THE WORLD, BUT HIS PRINCIPLE TEACHERS NOW ARE THE STUDENTS AND INSTRUCTORS HE WORKS WITH AT YOGAVIEW IN CHICAGO, WHICH HE CO-OWNS AND DIRECTS.

CLAIRE MARK

CLAIRE MARK HAS BEEN PRACTICING YOGA SINCE 1996 AND TEACHING SINCE 1999. SHE HAS STUDIED JIVANMUKTI, BIKRAM, ASHTANGA, ANUSARA AND IYENGAR YOGA AND HER TEACHING IS A BLEND OF THESE STYLES MIXED WITH COMPASSION AND APPRECIATION OF THE INDIVIDUAL. CLAIRE HAS TAUGHT YOGA IN NY, SAN FRANCISCO, CHICAGO, AND LOS ANGELES. SHE TEACHES RETREATS ABROAD AND SHE LEADS TEACHER TRAININGS AT YOGAVIEW IN CHICAGO. CLAIRE HAS ALSO WRITTEN A COOKBOOK IN HONOR OF THE WONDERFUL COMMUNITY AT YOGAVIEW TITLED "COOKING WITH A YOGAVIEW" THAT IS AVAILABLE AT YOGAVIEW STUDIOS.

REGISTRATION FORM

SINGLE OCCUPANCY DOUBLE OCCUPANCY

DESIRED ACCOMMODATION _____

NAME _____ CITY _____

ADDRESS _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

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