



# maya tulum

## YOGA RETREAT

WITH QUINN KEARNEY AND CLAIRE MARK IN TULUM, MEXICO

FEBRUARY 7-14 2009



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. This 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](http://mayatulum.com)

For questions regarding this week's retreat, email Claire at [clairem555@aol.com](mailto:clairem555@aol.com) or call (773) 383-1429.

I LEARN BY GOING WHERE I HAVE TO GO

*-Theodore Roethke*

## COST

	Double (per person)	Single
Beach Front Super	\$2,050	\$3,250
Beach Front Deluxe	\$1,950	\$3,050
Ocean View Super	\$1,850	\$2,850
Ocean View Deluxe	\$1,750	\$2,700
Garden	\$1,650	\$2,550

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 space, please fill out the form below and send it, with a deposit of \$500 to:

yogaview  
 Attn: Quinn Kearney  
 2211 N. Elston Avenue, Chicago, IL 60614

**Checks should be made payable to** "Maya Tulum yoga retreat." The balance of your payment must be received by **January 1, 2009**. 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 failure to complete the retreat.



## 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 for 13 years and teaching for over 8. 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 and she teaches retreats abroad. She leads teacher trainings for Yogaworks in Los Angeles and yogaview in Chicago, and is Yoga Alliance certified at the E-RYT 500 (experienced Registered Yoga Teacher) and RYT 500 (Registered Yoga Teacher) level. Claire currently lives in Chicago and teaches at yogaview.

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## REGISTRATION FORM

Single Room     Double Room

Desired Accommodation

Name

Address

City

State

ZIP

Phone

Email



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