

# Scott Moore and Garrick Peters Yoga Retreat in Tulum, Mexico

## El Corazón

March 29th - April 4th 2017

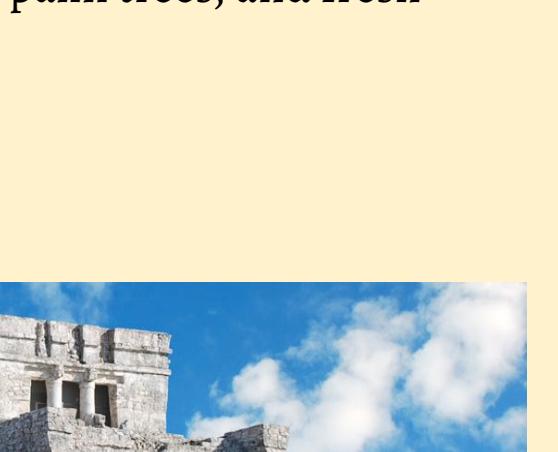
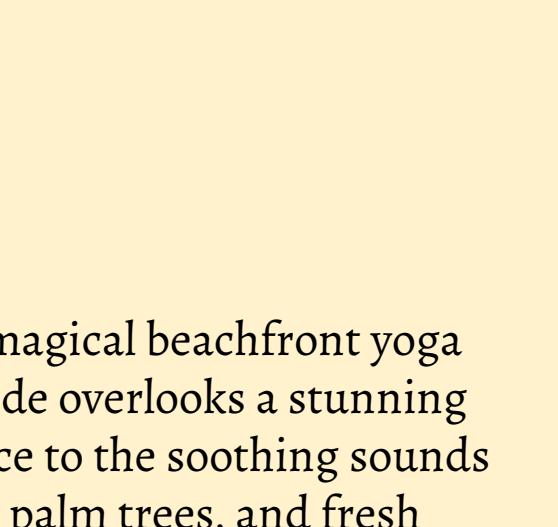
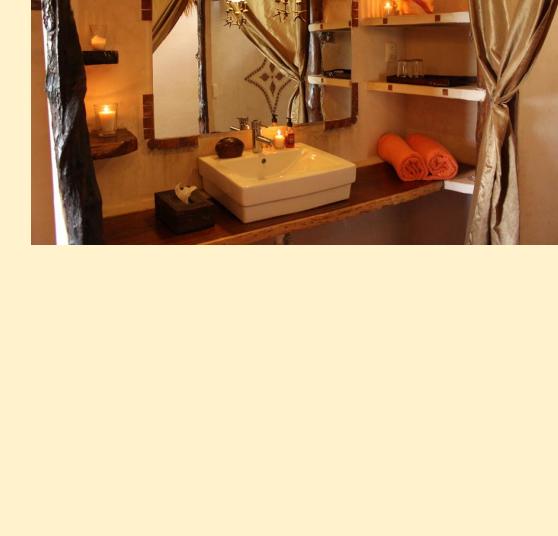
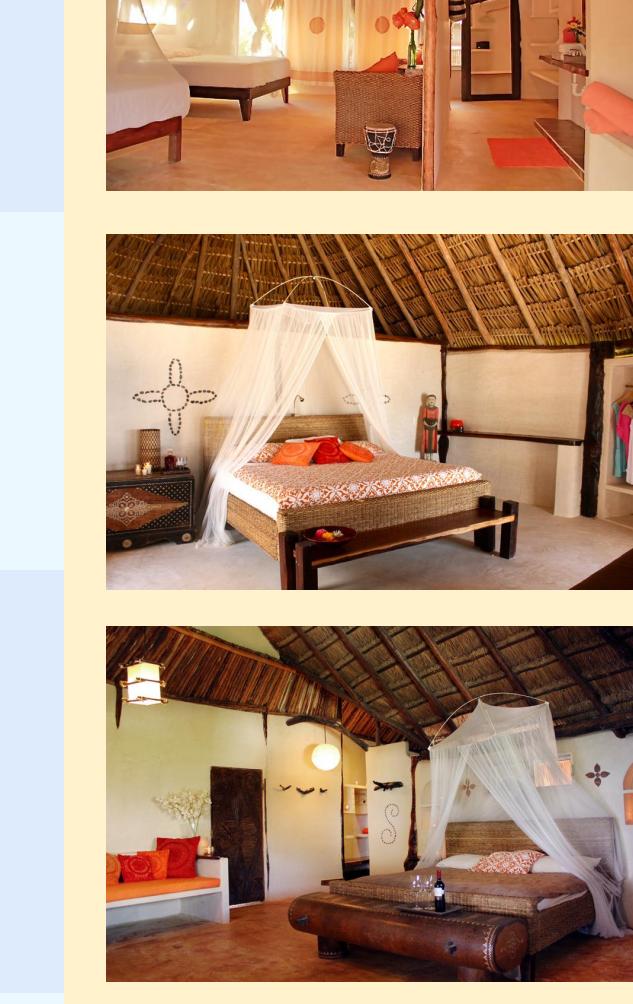
Plunge deep into your yoga practice while luxuriating on the white sandy beaches of Tulum, Mexico. [Scott](#) and [Garrick](#) will facilitate the perfect balance between vacation and deepening your practice.

7-days and 6-nights at Amansala, Tulum's finest eco-chic resort. Superb accommodations, quality yoga, delicious healthy food, excursions, spa, downtime, and more.

### Paradise Awaits...

Amansala is located on a pristine beach in Tulum, Mexico—approximately 2 hrs south of Cancun. Famous for the spectacular Mayan ruins, clear turquoise water and white sandy beaches, Tulum is an eco-friendly paradise preferred by yogis worldwide for its relaxed bohemian-chic feel and breathtaking beaches.

Pricing start at \$1,789, which includes lodging, gourmet meals, and a dynamic yoga program. To secure a spot requires a \$500 non-refundable deposit. See accommodation options below. To book your spot [CLICK HERE](#) and indicate your housing selection.



**Triple Occupancy - women's bungalow (3 kings)**      **\$1,925 per person**

3 King sized beds with access to a shared terrace.

\*inquire if interested in sharing a bed at a discounted rate, or booking the entire space for 3 - 6 people.

**Double Occupancy (2 Queens)**      **\$2,126 per person**

Beachfront Room with 2 Queen beds, a sitting area, and a terrace with hammock and chairs.

\*inquire if interested in sharing a bed at a discounted rate, or to book the entire space for 2 - 4 people.

**Garden View Queen**

Garden view room with 1 queen bed and a small bathroom.

**Single / Double Occupancy**      **\$2,412 / \$1,789 per person**

**Beachview King**      **\$2,164 per person**

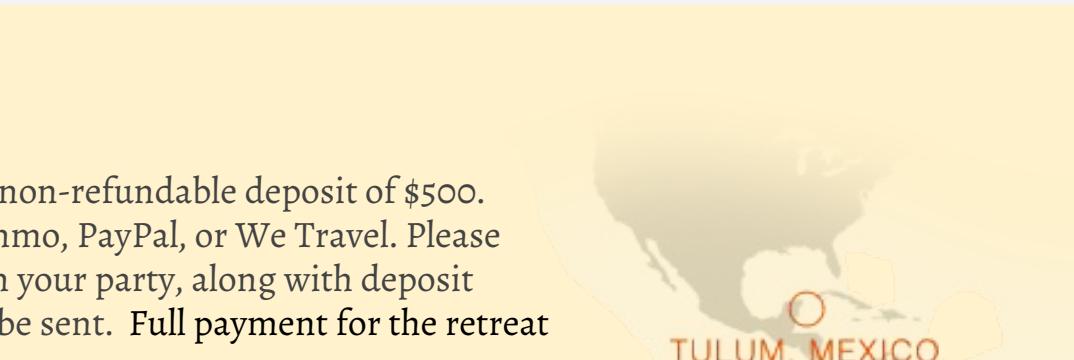
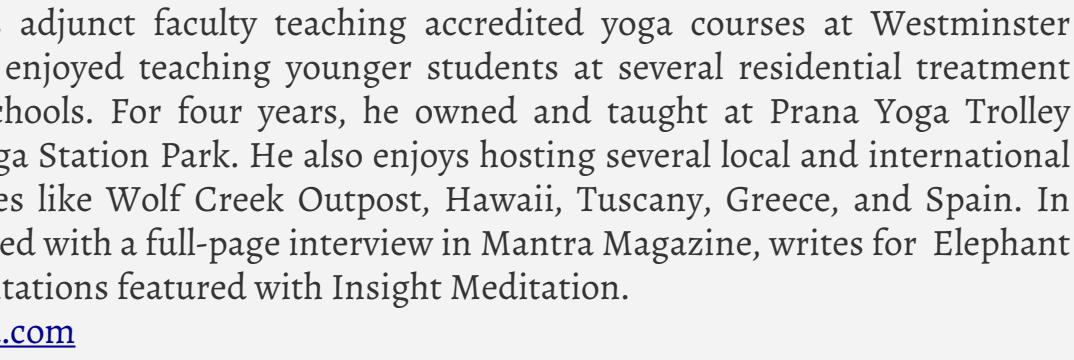
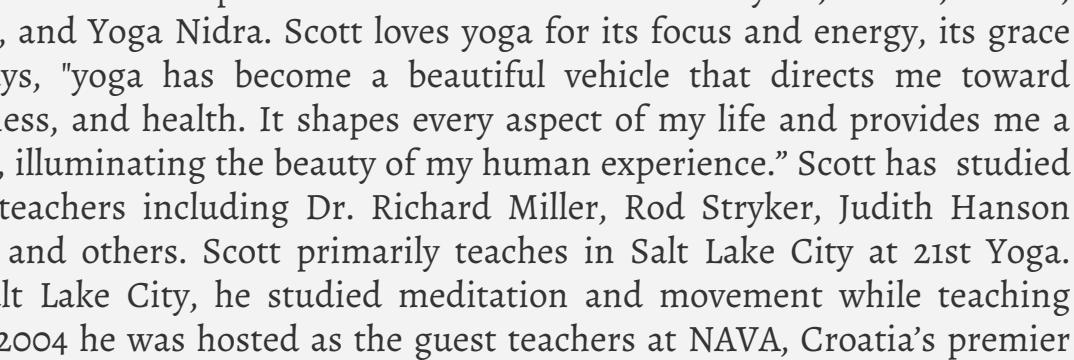
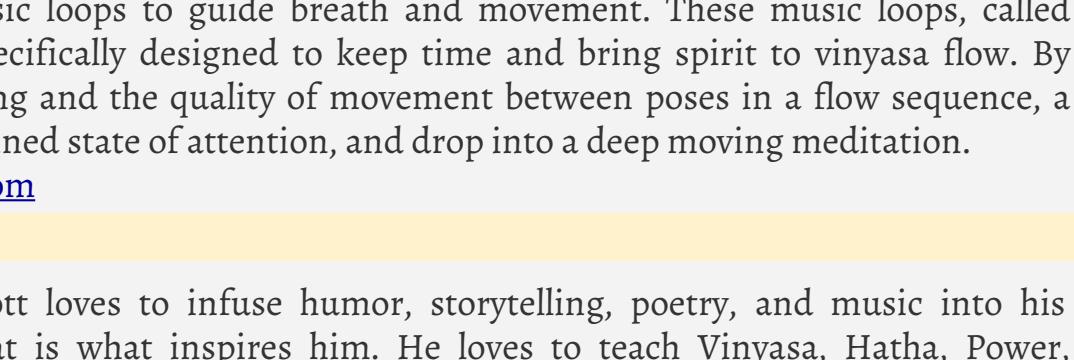
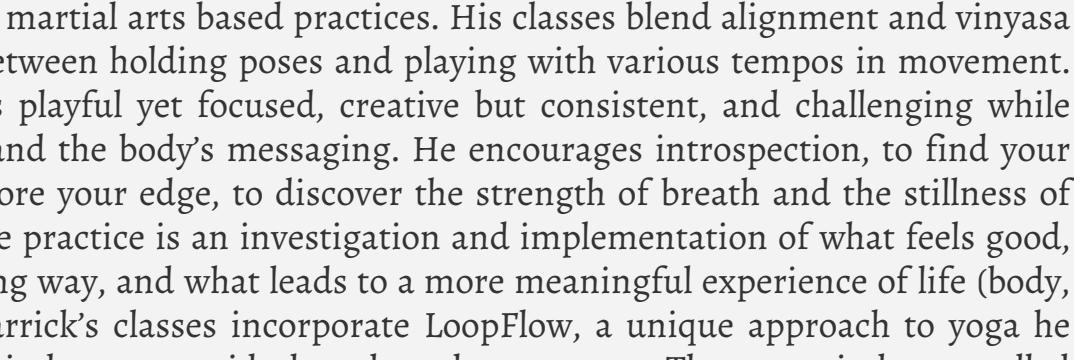
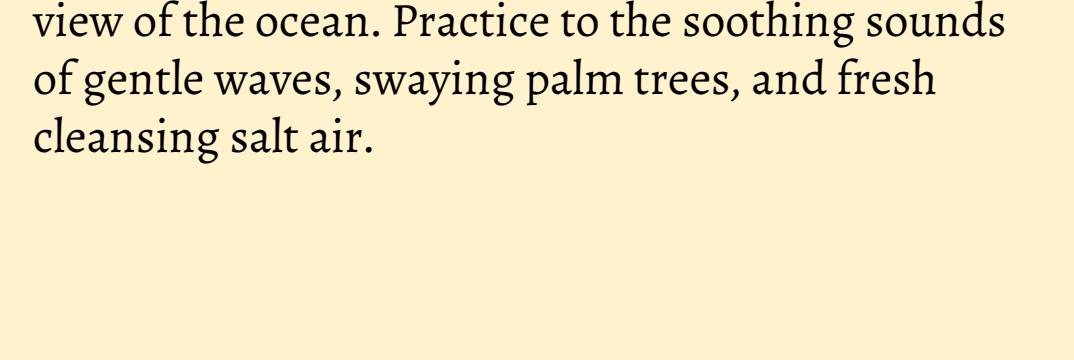
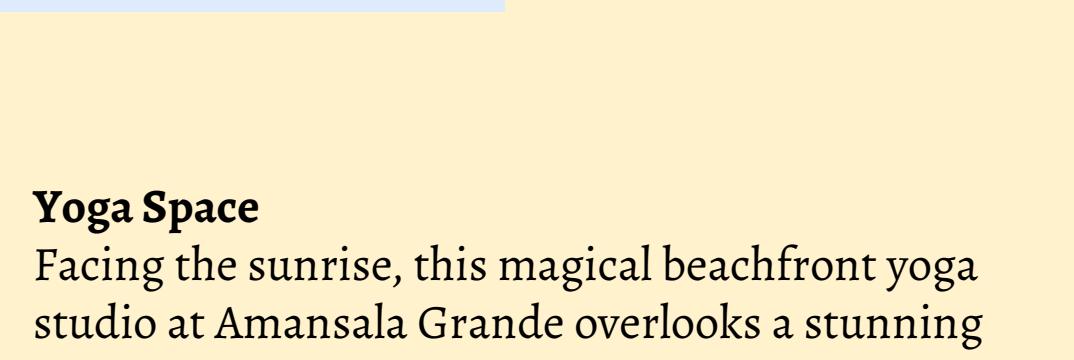
The largest of the beachfront rooms with 1 king sized bed, a sitting area, large bathroom, and terrace with hammock and chairs.

**Single / Double Occupancy**      **\$2,699 / \$2,128 per person**

**Deluxe Beachfront double (1 King, 1 Queen)**      **\$2,164 per person**

Large beachfront room with 1 king and 1 queen separated by a wall, and a large terrace.

\*inquire if interested in sharing a bed at a discounted rate, or to book the entire space for 2 - 4 people.



**GARRICK PETERS:** Garrick loves yoga and exudes joy in sharing his passion. Since his late teens, his pursuit of self-knowledge led him to explore various spiritual paths that included meditation, yoga and martial arts based practices. His classes blend alignment and vinyasa to create a balance between holding poses and playing with various tempos in movement. Garrick's approach is playful yet focused, creative but consistent, and challenging while respecting anatomy and the body's messaging. He encourages introspection, to find your own practice, to explore your edge, to discover the strength of breath and the stillness of self-awareness...where practice is an investigation and implementation of what feels good, what works in a lasting way, and what leads to a more meaningful experience of life (body, mind, and spirit). Garrick's classes incorporate LoopFlow, a unique approach to yoga he developed using music loops to guide breath and movement. These music loops, called BreathTracks, are specifically designed to keep time and bring spirit to vinyasa flow. By focusing on the timing and the quality of movement between poses in a flow sequence, a yogi can hone a sustained state of attention, and drop into a deep moving meditation.  
[www.garrickpeters.com](http://www.garrickpeters.com)

**SCOTT MOORE:** Scott loves to infuse humor, storytelling, poetry, and music into his teaching because that is what inspires him. He loves to teach Vinyasa, Hatha, Power, Restore, Mindfulness, and Yoga Nidra. Scott loves yoga for its focus and energy, its grace and strength. He says, "yoga has become a beautiful vehicle that directs me toward spirituality, mindfulness, and health. It shapes every aspect of my life and provides me a path of self-discovery, illuminating the beauty of my human experience." Scott has studied with several master teachers including Dr. Richard Miller, Rod Stryker, Judith Hanson Lasater, Dona Farhi, and others. Scott primarily teaches in Salt Lake City at 21st Yoga. Before coming to Salt Lake City, he studied meditation and movement while teaching English in Korea. In 2004 he was hosted as the guest teachers at NAVA, Croatia's premier yoga studio. Scott is adjunct faculty teaching accredited yoga courses at Westminster College. He has also enjoyed teaching younger students at several residential treatment facilities and high schools. For four years, he owned and taught at Prana Yoga Trolley Square and Prana Yoga Station Park. He also enjoys hosting several local and international yoga retreats to places like Wolf Creek Outpost, Hawaii, Tuscany, Greece, and Spain. In 2016, Scott was featured with a full-page interview in Mantra Magazine, writes for Elephant Journal, and has meditations featured with Insight Meditation.  
[www.scottmooreyoga.com](http://www.scottmooreyoga.com)

## Getting Here and logistics

**Deposit:** you can secure your place at the retreat with a non-refundable deposit of \$500.

Payments can be made to Garrick or Scott by check, Venmo, PayPal, or We Travel. Please

indicate your lodging selection and number of people in your party, along with deposit

payment. A confirmation of your lodging selection will be sent. Full payment for the retreat

is due by February 1.

**Arrival & Departure:** plan arrival for Wednesday, March 29th, 2017 and departure for Tuesday, April 4th, 2017. The retreat center may be able to accommodate early arrival or late departure. We will have a late afternoon yoga practice the day of arrival and an early practice the morning of departure.

**Passport/Visa/Vaccinations:** you must have a valid passport to enter Mexico (and it must not expire within 30 days of your arrival for Americans and 180 days for some nationalities). You do not need a Visa if you are American. Other nationalities should check with your consulate. You do not need any vaccinations.

**Flights+Transportation:** book your international flights to arrive into Cancun, Mexico (CUN). From there, the resort is a 1hr 30 min drive South. Transportation is based on how many people are in the vehicle, and must be arranged prior to your arrival. Departure transportation will be provided once you are in Amansala. Please note the prices only cover one way.

**Transportation must be paid in cash upon arrival** so please plan accordingly. Airport Transfers must be arranged prior to arrival.

◆ 1 person- \$135  
◆ 2 People- \$70  
◆ 3 People- \$60  
◆ 4 People- \$50  
◆ 5 People- \$45  
◆ 6 or more- \$40

