



patagonia retreat: Feb 21 - March 1, 2010

\$2800 before 12/15/09 • \$3300 after 12/15/09

includes:

- lodging • meals • daily yoga class • evening meditation
- horseback riding • fly fishing • kayaking • cycling
- white water rafting • saunas • stone riverside hot tub
- optional massage (additional cost)

MARIA GARRE, MEd, E-RYT

Maria currently teaches Yoga and Ayurveda throughout the Maryland – Virginia area and also Directs several 200-hour Shiva Rea Affiliate Vinyasa Flow Teacher Training Programs. Maria is a Senior Teacher and Director for Shiva Rea's Prana Vinyasa Flow Teacher Studies Program. Maria holds certifications an Ayurvedic Yoga Specialist and as an Ayurvedic Lifestyle Consultant/Practitioner. In addition, she teaches workshops, retreats and teacher training programs world-wide. She is a certified Power Pilates Instructor, has a Masters in Education, and is a Yoga Alliance Registered Teacher (E-RYT 500).

megarre@mac.com

