

# San Pedro Island, Belize

## February 6—13, 2010

### Yoga Eco-Adventure w/Beryl Bender Birch

#### Belize

As one of the last unspoiled places on earth, Belize offers travelers the richly rewarding authenticity they seek in a Caribbean getaway. For generations, the English-speaking people of Belize have demonstrated a commitment to preserving the country's unique charms. Belize offers a land rich in natural beauty and in the history and culture of its Maya past. Renowned for having the second largest barrier reef in the world, Belize's pristine waters, exotic marine and wildlife, lush unspoiled landscapes and superb diving truly make it Mother Nature's Best Kept Secret. —source [www.travelbelize.org](http://www.travelbelize.org)

Belize is in the news frequently for its government's \$13.5 M commitment to sustainable tourism. The country is hosting this year's World Conference on Responsible Tourism.



#### Ak'bol Yoga Retreat and Eco Resort

Ak'bol, Maya for Heart of the Village, is Belize's first Yoga Retreat and Family Eco Resort. We invite you to this beachfront sanctuary, located on the tranquil North side of Belize's largest island, Ambergris Caye, and a bike ride away from the old fishing village of San Pedro... Isla Bonita. Return to nature to recover your TRUE SELF. Awaken to the sound of tropical birds and salute the sun peaking over the reef each morning in a beautiful thatched roof yoga studio at the end of the pier. [www.akbol.com](http://www.akbol.com)

#### The Program

We will have early morning meditation, daily asana practice, and study. Warm sunny skies, crystal-clear blue waters, and perfect yoga weather!!! Free time to explore the reef. Snorkel, scuba dive, sail, windsurf and go kayaking. Walk barefoot in the warm white sand, read in a hammock, swim leisurely in the winding lagoon-inspired pool, or swim laps at the end of the pier. Traditional gourmet vegetarian Belizean cuisine.

#### The Package

All lodging in cabanas or the yoga barracks—Prices good thru Oct 1, 2009. Pricing includes tuition, meals, taxes, transport from San Pedro airport, and all training materials. Airfare, transfers, eco-excursions, gratuities are not included. Continuing Education credits or up to 50 Certified Teacher Training hours available.

**Add on:** Two Day pre-trip to the Don Eligio Panti Medicinal Trail and Ix Chel Farm, a 6,000 acre medicinal plant reserve in the rainforest of Western Belize. Stay at award winning Chaa Creek Eco-lodge/resort on the banks of the Macal River in the foothills of the Maya mountains. [www.belize.com/ixchel.html](http://www.belize.com/ixchel.html)

#### **Accommodations**

(7 days—per person)

##### **Cabanas**

Single \$2425  
Double \$1875  
Triple \$1725

##### **Yoga Barracks**

Single \$1575  
Double \$1475

Registration and More Information:  
[www.power-yoga.com](http://www.power-yoga.com)  
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