



March 9 – 16, 2024
Healing Power of Yoga and Art in Mexico
Star (Heather) Graham

**Located at the Casa Dulce Vida
in Puerto Vallarta, Mexico**

The Casa is situated in the heart of Puerto Vallarta's "Old Town"
More information about the Casa can be seen at www.dulcevida.com

Daily yoga, meditation, and expressive arts.

All meals prepared by an on-site chef.

Shared accommodation (contact Star for limited private room information and pricing).

During the workshop you will be encouraged to explore and deepen your understanding of self through asana, meditation, and the creative arts. Through these practices, you will develop clear, whole hearted body-mind awareness. The emphasis for the retreat will be on restoration, awareness and lightness of being.



Star apprenticed to Dr. Bruce and Maureen Caruthers, living and working with them for many years.

Star is a Certified Iyengar Teacher of 30+ years.

Expressive arts facilitated by certified Expressive Arts Therapist Dale Costanzo

Limited space. Early Bird pricing \$2,100 USD.

Deposit due latest August 1st, 2023.

After August 1st price is \$2,200 USD. Participation confirmed with \$500 US deposit (transferable and non-refundable). Contact Star (Heather) to make your deposit and reserve. Full payment is due December 15, 2023.

US cheques/money orders payable to Heather Graham and mail to:

#165, 720 Sixth Street, New Westminster, BC V3L 3C5

Star (Heather) Graham 604-418-2091 castrowhelen@gmail.com