

Presented by

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THE  
**ART**  
OF

# Conscious Living:

An island retreat for renewal and discovery

A profound transformational experience  
in a supportive small-group setting



March 11-18, 2017  
Roatan, Honduras



**Move** beyond fear

**Override** limiting beliefs, behaviors

**Incorporate** immediate changes in thought patterns

**Become** more satisfied and effective in relationships

**Learn** practical tools to activate healing and well-being

**Rediscover** your innate capacity to live in the moment



#### INCLUDES:

- Seven-day retreat
- Lodging
- All meals
- Six yoga classes
- Snorkel tour
- Beach day
- Sunset cruise
- Airport shuttle
- All taxes

Spa Services • Paddleboarding • Kayaking

Double occupancy from \$2,150 if registered by Jan. 15 (Single/quadruple available)



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